SUMMERTIME LEARNING
READING WILL HELP KIDS KEEP UP {page 20}

MARRIED
UNDERWOOD WEDS SENATORS' FISHER
ALL THE DISH {page 19}

TORONTO metro®
Monday, July 12, 2010
www.metronews.ca

Share this copy with a friend

MARTIN MEISSNER/THE ASSOCIATED PRESS

Spain are new soccer leaders

- Iniesta lays claim to become soccer household name with late extra time goal
- Players hurriedly swap blue shirts for familiar red after the game {page 25}

▶ Spain's Andres Iniesta holds up the World Cup trophy yesterday as he celebrates with teammates after the final in South Africa.

Toronto beaches

Seven get Blue Flag approval

International honour means they're among best in the world But local beachgoers can't seem to shake off Lake Ontario's bad rep {page 4}

Gibson dropped by talent agency

Website posts alleged clip of star using racial slur {page 17}

Woman 'won't be stoned'

Controversial death sentence off for now in Iran {page 7}

BP replacing oil spill cap

No guarantee latest fix will work, oil giant says {page 14}

Stop throwing your money away... Get LASIK!
Starting at
$490 /eye*
All-Laser LASIK Available
Take 5 Years to Pay!†
2015
LASIK MD VISION
FREE Consultation: 1-866-557-5557
www.lasikmd.com
TORONTO · NORTH YORK · MISSISSAUGA · VAUGHAN · WHITBY
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
† 60 month financing, starting at 9.9% interest, and subject to Desjardins Card Services credit approval.

Windows.® Life without Walls.™ Dell recommends Windows 7.

Get these offers when you buy directly from Dell.
Promotional offers valid from July 9-15, 2010.

A simple exercise. Organize. Create. Play. Repeat.

Dell™ Studio™ 15

Whether you're e-mailing, surfing the Web, or watching videos, enjoy great everyday performance with this popular laptop featuring a powerful Intel® Core™ i3 Processor.

$699* Total Savings $149*

or as low as: $20/mo.[Δ]
E-Value™ code: **223307-CHS5WK1***

- Intel® Core™ i3-350M Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive

Your Choice of 6 Colours or One of 200+ Design Studio Patterns included

Stay on top of online threats.

McAfee® SecurityCenter delivers:

- Protection against viruses, hackers, and phishing
- Online safeguards so you can bank and shop online safely
- Threat detection through McAfee's exclusive active protection technology

Get a 1-year subscription for **$39*** with any featured system. For more details, visit **Dell.ca/mcafee**

McAfee® | SecurityCenter

Logitech® QuickCam Pro 9000 Web Camera

$69.99* Save $20* Regularly **$89.99**

SKU: A1475907

Features Carl Zeiss® optics the global leader in camera optics.

23"

Dell Inspiron™ Mini 10

$279*

E-Value code: **223307-CH10WK1***

- Intel® Atom™ Processor N450
- Genuine Windows® XP Home Edition
- 1GB Memory*; 160GB* Hard Drive

Black Comes Standard. Your Choice of 5 Other Colours for $25*, or One of 200+ Design Studio Patterns for $75*

Dell Inspiron 15

$499* Total Savings $149*

or as low as: $14/mo.[Δ]
E-Value code: **223307-CHI5WK8***

- Intel® Pentium® Processor T4500
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 320GB* Hard Drive

Jet Black Comes Standard. Your Choice of 6 Other Colours for $25*, or One of 200+ Design Studio Patterns for $75*

NEW Dell Inspiron 17R

$699* Total Savings $79*

or as low as: $20/mo.[Δ]
E-Value code: **223307-CH7RWK1***

- Intel® Core™ i3-350 Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 320GB* Hard Drive
- 6-Cell Battery, Wireless-N technology
- Integrated 1.3 MP Webcam

Black Comes Standard. Your Choice of 2 Other Colours for $25*.

Dell Studio XPS 8100

$999* Total Savings $200*

or as low as: $28/mo.[Δ]
Evalue code: **223307-CHX8WK1***

- Intel® Core™ i5-750 Processor
- Genuine Windows® 7 Home Premium
- 6GB Memory*; 1TB* Hard Drive
- 23" Full HD 1080p Widescreen Flat Panel (ST2310)
- Dual-Layer DVD Burner

Go online today for more deals from Dell.

Dell.ca/organize | **1-800-807-0341**

[Δ]48-Month Installment Plan ("Plan"): 48-Month Installment Plan ("Plan") offered through Dell Financial Services Canada Limited ("DFS"), a separate entity, to qualified customers approved by DFS in its sole discretion. Minimum transaction amount of $499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan interest rate of 13.99% per year and an advance equal to the advertised price for a specific product configuration. Interest rates and monthly payments under the Plan will vary, depending on amount advanced and customer's creditworthiness. Representative example of a Plan: $999 advanced @ 13.99% per year. $27.29 monthly payment, total payable is $1309.92, total cost of borrowing is $310.92. Terms subject to error and change without notice. Please contact Dell for more details. * Prices/Orders: Offers available only in Canada for specified time period. Must provide E-Value™ code for advertised price. Savings calculated on regular price offered by Dell. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves the right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e., limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. Free Shipping: Exceptions may apply for remote locations. Errors: Prices, offers, configurations and any other information in this material are subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typography, photography, pricing, posting or other errors. Customer Terms and Conditions: All purchases are subject to Dell's Customer Agreement or Dell's standard terms of sale. Dell's limited hardware warranty terms and the applicable Dell or third-party service agreement. Copies available on request or at www.dell.ca. CD/DVD/BLU-RAY Burners: Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. Graphics and System Memory (SDRAM): Significant system memory may be allocated to support graphics, depending on system memory size and other factors. Hard Drives: GB means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. Dell's Return Policy: If you are the original purchaser who bought new products directly from Dell, you may return the products in as-new condition to Dell up to 30 days after you receive them for a refund of the product purchase price if already paid. The refund or credit does not include any shipping and handling charges shown on your packing slip or invoice; you are responsible for those. Some exceptions apply. For complete details, visit www.dell.ca/servicecontracts. Limited Hardware Warranty: For a copy of Dell's limited hardware warranty or information and terms and conditions regarding all warranty, service and support options, call 1-800-847-4096 or visit www.dell.ca/servicecontracts. Services may not be available in all areas and may be provided by a third party. Note that warranties on non-Dell branded products are provided by the respective manufacturers, not Dell. Intel: Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Pentium and Pentium Inside are trademarks of Intel Corporation or its subsidiaries in the U.S. and other countries Microsoft: Microsoft, MS, Windows and the Windows logo are either registered trademarks or trademarks of the Microsoft group of companies in the United States and/or other countries. ©2010 Microsoft Corporation. Other: All other trademarks are the property of their respective owners. ©2010 Dell Inc. All rights reserved.

intel CORE i5 inside™

Faster. Smarter.

Mississauga. Serious air time

▶ Bucky Lasek of San Diego, Calif. flies a frontside Lien air on the vert ramp yesterday.

RENE JOHNSTON/TORSTAR NEWS SERVICE

International group of 'boarders take flight at Hershey Centre

Skateboarders from around the globe fought it out at the West 49 Canadian Open skateboard event at the Hershey Centre in Mississauga on the weekend. The 'boarders had a $75,000 purse and points on the World Cup of Skateboarding rankings in their sights.

Officer appealing prior to hearing

Police chief's legal team says there is no basis for inspector to appeal ◐ Inspector, facing charges under Police Services Act, does not qualify for union to pay his legal expenses

The Toronto Police Service has stigmatized a senior officer facing internal bullying and sexual harassment charges and deprived him of the presumption of innocence at his upcoming disciplinary hearing, his lawyers say.

Staff Insp. Steve Izzett was charged last year with insubordination, discreditable conduct and deceit under the Police Services Act for actions that allegedly included the inappropriate kissing and touching of a female subordinate officer, bullying and destroying computer files after learning he was under investigation.

Last October, Keith Hoilett, the retired judge hearing the case, denied Izzett's motion challenging his jurisdiction and asking that the charges be dismissed because of procedural missteps by the Toronto Police Service. Izzett's lawyer, Won Kim, had argued the police service continued its internal investigation longer than allowed. Izzett then appealed Hoilett's decision to Divisional Court, which dismissed his application in April of this year, calling it premature.

Today, Izzett is bringing a motion seeking leave to appeal from that divisional court ruling. It is a "written" hearing with no oral legal arguments. Izzett's disciplinary hearing at police headquarters is scheduled to begin next Monday.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Staff Insp. Steve Izzett

In their factum, Kim and co-counsel Megan McPhee say the Divisional Court made a "clear departure from the established principles of law that challenges to jurisdiction ought to be heard at the outset of a proceeding."

The factum also states the Toronto Police Service has engaged in the "intimidation of witnesses," disciplining senior officers which "serves to intimidate others who might otherwise serve as positive defence witnesses…"

TORSTAR NEWS SERVICE

Woman sought in man's stabbing

Police are seeking a suspect after a woman allegedly stabbed her ex-common-law husband and left with her child. Police say that around 3:30 a.m. yesterday a woman arrived with her 7-month old child to an address near Lawrence and Morningside.

Police say an altercation broke out and the victim was stabbed in the back, suffering non-life-threatening injuries. Police are seeking Samantha William-Brown.

THE CANADIAN PRESS

Arrest made in food tampering

An elderly city woman is under arrest in a food tampering case. Police believe she is responsible for putting sewing needles into brands of sausages in the west end.

THE CANADIAN PRESS

City man drowns in Lake Muskoka

A man has drowned after swimming in Lake Muskoka in Gravenhurst.

Provincial police say they were called to a Narrows Road address after an 84-year-old Toronto man failed to return from an afternoon swim in the lake.

The man was located near his dock in shallow water shortly after the search began.

He was pronounced dead at the scene.

THE CANADIAN PRESS

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the Web at metronews.ca

Crickets, corn dogs and pulled-pork parfait among unusual cuisine at the Calgary Stampede. Video at metronews.ca/canada

Follow us on Twitter @metrotoronto

Scan code for local news

Blue means go: T.O. beaches score top marks

Seven of Toronto's beaches meet world-class environment and safety standards But Lake Ontario can't seem to shake its dirty reputation

TARA WALTON/TORSTAR NEWS SERVICE

People have been taking advantage of warm, sunny days strolling at Toronto's Woodbine Beach throughout the spring and summer. Woodbine is one of the city's Blue Flag beaches.

The sand at Woodbine Beaches feels hot enough to melt the flip-flops off your feet.

The air is thick and foreheads are dripping, but few sun seekers choose to cool off in the lake.

Tamia Sparks, who beelines to Woodbine nearly every summer weekend, says she would rather see her seven-year-old daughter build sand castles than venture into the water.

Toronto beaches just can't seem to shake Lake Ontario's dirty reputation even though seven of them — including Woodbine — are rated among the best in the world by the international Blue Flag Programme.

"It's not easy to get a blue flag," says Toronto Water spokesperson Cheryl San Juan. "These are world-class beaches."

But local beachgoers seem to find that hard to believe. "It doesn't look safe," says Megan Robertson, eyeing the cloudy Woodbine surf. Still, she's chosen to swim: "It's pretty hot so I want to cool off."

TORSTAR NEWS SERVICE

Blue flag rating

To score a blue flag, a beach must meet a long list of standards set out in four categories. Here's an overview:

- First, it has to be green and clean — no unauthorized camping or driving, no dumping and strict control of doggie doo.
- The beach should promote environmental education activities, display maps and develop a beach code of conduct.
- The water quality must be supreme. No industrial waste, no sewage leaks and the beach must be tested regularly for E.coli and other bacteria levels.
- Finally, safety matters. The beach must have lifeguards, first aid equipment and drinking water. And at least one Blue Flag beach in each municipality must be accessible to people with physical disabilities.
- For the full list of standards, visit www.blueflag.org

Gaga. Paparazzi

Lady Gaga arrives at her hotel in Toronto last night.

TODD GILLIS/FOR METRO TORONTO

Can't read that poker face

Dance-pop superstar Lady Gaga performed the first of two Toronto shows on her 'Monster Ball Tour' last night at the Air Canada Centre.

'Spillover' campus set to shine: U of T president

With cranes revving up this summer for work on a new academic building and the promise of a $170-million aquatic centre on the Pan Am horizon, the University of Toronto's once sleepy "spillover" Scarborough campus is now ground zero of a growth surge.

While the 10,000 students here — twice as many as seven years ago — do need extra space, the university president predicts the $78-million makeover boom will energize the community.

"Growing this campus is also about city-building, using U of T Scarborough as a catalyst, a sort of centre of gravity for the community," said Dr. David Naylor.

TORSTAR NEWS SERVICE

30,000

The GTA is expected to draw about 30,000 more college and university students over the next 10 years, and Scarborough is where the U of T has the most room to grow, David Naylor noted.

Body found in Bracebridge

Police are investigating after human remains were found at a cottage in Bracebridge, Ont. by provincial police on July 5.

The victim was identified as Samantha Collins, 32, of Bracebridge.

THE CANADIAN PRESS

Couple killed in car rollover

A husband and wife from Thamesville, Ont. are dead following a car rollover on Saturday in Elgin County. David Philip Gore, 60, was pronounced dead at the scene. His wife Joyce Gore, 53, died later in hospital.

THE CANADIAN PRESS

Stop paying more for a cleaning at the dentist?
SAVE UP TO 30% ON A CLEANING!
Book a Cleaning & Whitening for only $168.
That's over a $100 savings!
Call today to book an appointment.
416 488-9800
www.independentdentalhygiene.com
independent
DENTAL HYGIENE CENTRES
Offers cannot be combined and have no cash value. Terms and conditions apply.

100% PERMANENT HAIR REMOVAL
A YOU YOU YOU!!! That's all OMI cares about and have proven it since 1979.
B The only dissatisfied clients OMI treats have come to us from others who overcharge for poor results or undercharge for no results.
C Save Your Money! Come to OMI first!
Save up to 65%
Conditions apply
(most OMI clients are male)
OMI on Rogers TV Channel 5
EXCLUSIVELY
OMI MEDICAL INC.
416•223•5500
www.omihair.com
OPEN 7 DAYS A WEEK

Summer Hotties.

Put some sizzle in your social life with the latest touch screen smartphones on Canada's best network.[1] Email, text, Facebook® and IM like never before.

ONLY FROM BELL

HTC Legend™ smartphone

Powered by Android.™

3-yr. term $79.95 | No term $399.95

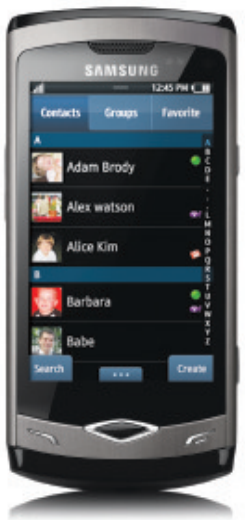
with a $50 voice and data plan[2]

Motorola Dext™ smartphone with MOTOBLUR™

Powered by Android.

3-yr. term $79.95 | No term $399.95

with a $50 voice and data plan[2]



Samsung Wave™ smartphone

3-yr. term $29.95 | No term $299.95

with a $50 voice and data plan[2]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell smartphones just got better

Available at the following Bell stores:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14751 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd.
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre – kiosk
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
2081 Steeles Ave. W.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall – kiosk
Cedarbrae Mall – kiosk
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
Promenade Mall

TORONTO
2256 Bloor St. W.
209 Danforth Ave.
700 Gordon Baker Rd.
85 Hanna Ave.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
Toronto Life Square
Yorkdale Shopping Centre – kiosk

UXBRIDGE
307 Toronto St. S.

VAUGHAN
Vaughan Mills
Vaughan Mills – kiosk

WHITBY
Whitby Mall
Whitby SmartCentres

WILLOWDALE
Fairview Mall
Fairview Mall – kiosk

WOODBRIDGE
4080 Highway 7

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · CELLULAPOINT · FUTURE SHOP · THE SOURCE · booth the telephone booth · Available at Walmart Save money. Live better. · WIRELESSWAVE

Offer ends July 31, 2010. Available with compatible devices within network coverage areas available from Bell Mobility. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Quebec: $0.40, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50), and one-time device activation ($35) apply. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) tests for fewest dropped calls and clearest reception in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. **(2)** With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. The HTC logo and HTC Legend are the trademarks of HTC Corporation. Samsung Wave is a trademark of Samsung Electronics Co., Ltd., and its related entities. Dext and MOTOBLUR are trademarks of Motorola Inc. Google and Android are trademarks of Google Inc. Facebook is a registered trademark of Facebook Inc.

Child, 3, pinned under wind turbine dies

A three-year-old child was killed Saturday night when he was pinned under a residential wind turbine in southwestern Ontario.

Karen Wilson lives down the street from the family and said her daughter-in-law used to babysit the little boy, who police have identified as Logan Hallahan.

"He was just an active little three-year-old," said Wilson.

The force of the children playing on the structure's generator pole loosened the strap and caused the weight of the turbine to lift the generator pole off the ground.

The boy, who was sitting on the generator pole closest to the turbine, slid down the pole and landed on it and a second pole fell on top of him, pinning him.

THE CANADIAN PRESS

Turbine

- Residents in the community believe the turbine was an old wind mill that was on a farm in southwestern Ontario.

Soccer. Final

▶ A few of the hundreds of Netherlands fans gathered in Liberty Village yesterday.

ROGER CULLMAN/FOR METRO TORONTO

Dutch faithful watch their heroes fall

Netherlands fans react as they watch the Spain-Netherlands World Cup final on a big-screen television outside School pub in Liberty Village. More coverage, page 25.

Marin paid for help

Friend's expertise one of many resources used: Ombudsman's spokesperson

During his 12 years as watchdog over the Canadian military and Ontario government, Andre Marin has paid close to a quarter of a million dollars to a friend and mentor to help him do his job as ombudsman.

Contracts and invoices show Marin outsourced important office functions to Ottawa law professor David Paciocco, who advised on investigations and wrote portions of several of Marin's reports.

Federal documents, obtained by the Toronto Star, show at least $84,000 paid to Paciocco while Marin was military ombudsman between 2001 and 2005.

They also shed light on the office tasks Marin outsourced to his friend.

Last month the Toronto Star reported that as Ontario ombudsman, since 2005, Marin has given two contracts worth at least $141,000 to Paciocco to spice up Marin's reports exposing government problems.

TORSTAR NEWS SERVICE

INTERNATIONAL PHARMACISTS
"Do you need a Mentor?"
When you're preparing for your PEBC MCQ and OSCE exams, you want to make sure that you are learning from knowledgeable and experienced pharmacists, who specialize in teaching.
MENTORS
PHARMACY REVIEW
(647) 985-3065
email:info@pharmacymentors.com
$ 200 OFF Bring this coupon on one of our INFO NIGHTS and get a discount on your enrollment.

Sara Rue
I lost 40lbs* in just 21 weeks on Jenny Craig®
The program was so easy for me to stick to!
My consultant Michele was there to listen to my challenges and offer me all the personalized support and advice I needed to succeed.
Between the awesome food and flexibility of the program, I never felt deprived!
It's time to call Jenny!
866-656-0972
*Results may vary. Clients following our program, on average, lose 1-2 lbs per week.
BEFORE
LOSE 20 LBS FOR $20† †Plus the cost of food.
10 week limit. At participating centres. No cash value. Not valid with any other program offer or discount. Restrictions apply.
17 LOCATIONS IN THE GREATER TORONTO AREA!

DISCOVERY DAY
THURSDAY, JULY 15, 2010 10AM-7PM
✔ Experience what happens at Herzing College
✔ Participate in classroom discussions
✔ See live classroom demonstrations
✔ Meet instructors, Students, Graduates, and Guest Speakers
THIS THURSDAY
Classroom Presentation Schedule
10:00-11:00 Medical office Administrator, Financial Services Representative, Computer Graphics Design, Network Systems Technology
11:00-12:00 Community Services Worker, 3D Animation, Law Clerk
1:00-2:00 Police Foundations, Network Systems Technology, Community Services Worker
2:00-3:00 Business Administration, Paralegal, Pharmacy Assistant
6:00-7:00 Computer Graphic Design, Paralegal
Enjoy refreshments & door prizes!
■ Stop by during the event and enter to win one of three $5,000 scholarships for tuition!
■ Attend and enroll in any program by July 31/10 and receive a $500 scholarship!
Some conditions apply
HERZING COLLEGE
RSVP 416.599.6996
www.herzing.edu
TECHNOLOGY • BUSINESS • LEGAL • HEALTH CARE • DESIGN • PUBLIC SAFETY

Iran: Adulterer won't be stoned 'for time being'

- Death sentence was approved by Supreme Court
- Condemned are buried to chest, stoned until they die

The controversial death sentence by stoning for an Iranian woman convicted of adultery will not be implemented for now, said a judicial official yesterday.

Malek Ajdar Sharifi, the top judicial official in the province where the mother of two was convicted, told the Iranian state news agency that her crimes were "various and very serious" and not limited to adultery, but that the sentence "will not be implemented for the time being."

He added Sakineh Mohammadi Ashtiani's stoning would still take place if the judiciary wanted, despite the "propaganda" by the West.

THE ASSOCIATED PRESS

▶ Sakineh Mohammadi Ashtiani

The U.S., Britain and international human rights groups have all urged Tehran not to carry out the sentence.

Human Rights Watch, one of several groups publicizing Ashtiani's case, said she was first convicted in 2006 of having an "illicit relationship" with two men following the death of her husband — for which a court in Tabriz sentenced her to 99 lashes.

But she was later convicted of adultery, despite having retracted a confession which she claims was made under duress. Stoning was widely imposed in the years following the 1979 Islamic revolution, and even though Iran's judiciary still regularly hands down such sentences, they are often converted to other punishments.

THE ASSOCIATED PRESS

Vancouver. Skinny-dip

▶ Greg Fung takes part in a world record skinny-dip attempt at Wreck Beach in Vancouver Saturday. Numerous groups gathered around North America at 3 p.m. eastern time in an attempt to set a record for the most people taking part in a simultaneous skinny-dip.

DARRYL DYCK/THE CANADIAN PRESS

Trains overheat

A grueling heat wave shut down air conditioning on three trains in Germany, leaving dozens of passengers near collapse trapped in temperatures of up to 50 C, authorities said yesterday. At least 52 people needed medical treatment.

THE ASSOCIATED PRESS

DISABILITY CLAIMS?
Have you been denied or cut off from your long or short-term disability insurance benefits? We can help you.
FREE INITIAL CONSULTATION
NO PAYMENT UNTIL CLAIM IS SETTLED
416-363-1867
ROCHON GENOVA LLP
BARRISTERS · AVOCATS
www.rochongenova.com

EXCLUSIVE PRE-BROADWAY ENGAGEMENT
"A two-hour homage to pop music's most brilliant gem."
– Los Angeles Times
RAIN®
A TRIBUTE TO THE BEATLES
CANON THEATRE
244 VICTORIA STREET • TORONTO
3 WEEKS ONLY!
NOW ON STAGE UNTIL AUG 1
416.872.1212 MIRVISH.COM
www.raintribute.com
anner in productions

DO YOU SUFFER FROM NERVE PAIN?

Do you experience pain, numbness, tingling, weakness, or burning sensations? Have you been diagnosed with carpal tunnel syndrome, shingles, sciatica or diabetic neuropathy?

If so, you may qualify for our Nerve Damage Treatment Study

Theralase, a scientific leader in pain reduction technology, is recruiting men and women over the age of 18 to attend a 4 week cold laser treatment study. Treatments are painless, with no side-effects and are provided at **no cost to the study participants**.

theraLASE® Healing at the Speed of Light™

Register now and you may qualify to receive
Free Treatment for Nerve Pain

To register please fill out the form located at the address below:
www.theralase.com/register
or call 1-866-843-5273 and ask for the nerve pain study form

Study limited to 60 participants who meet the study criteria

Home Phone Lines

"Great Quality. Great Price. Great Service.
I Love my new Comwave Home Phone Service"

Cathy, Fergus

$14.95/month	$19.95/month	$29.95/month	$39.95/month
Enhanced	Unlimited Canada	One Rate	Global
Unlimited Local Calling	Unlimited Local Calling	Unlimited Calling North America	Unlimited Calling 20 Countries

All Features Free

- Voicemail
- Call Waiting
- Caller ID
- Call Forwarding

Limited Time Offer!

90 day FREE TRIAL!

UNLIMITED
Calling to
INDIA
$19.95/month
With Any Comwave Home Phone plan

comwave®

www.comwave.ca

1-866-516-0236

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T., Hawaii or Alaska. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. The 90 day free trial apply immediately upon activation of the service. The rates are based on a 3 year term. $19.95 Unlimited calling to India can add to any Comwave Home Phone Plan and it is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply, see www.comwave.ca for details.

Lowest Long Distance Rates

If you Ever Find a Lower Rate, Call us and we'll Beat it... Guaranteed!

Cuba 89.9 ¢/min

Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Barbados..... 9.9¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....13.9 ¢
Kenya from .....9.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal from .....7.9 ¢
Oman..... 12.9 ¢
Fiji..... 24.9 ¢
Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.....10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq from .....4.9 ¢
Israel.....2.9 ¢
Italy.....2.9 ¢
Russia from ..... 2.9 ¢
Saudi Arabia from ..... 9.9 ¢
South Korea.... 2.9 ¢
Sri Lanka.....9.9 ¢
Trinidad..... 4.9 ¢
U.A.E.....16.9 ¢

India 2.9 ¢/min

Philippines 11.9 ¢/min

Pakistan 5.9 ¢/min

If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider...

GUARANTEED!

Make Long Distance and Overseas calls from your Cell Phone at our Guaranteed Lowest Rates!

UNLIMITED

Calling to

CANADA

$5 /month

From your home or EVEN your Cell Phone

comwave® **1-866-516-0236**

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply, see www.comwave.ca for details

Horror remembered

30,000 Bosnian Muslims came under siege during 1995 massacre

Hoisting hundreds of coffins aloft, a line of weeping relatives stretched for at least a mile yesterday as they honoured Srebrenica massacre victims on the 15th anniversary of the worst atrocity in Europe since World War II.

A whole hillside in the eastern Bosnian town was dug out with graves, waiting for 775 coffins covered in green cloths to be laid to rest at the biggest Srebrenica funeral so far. Still, that was less than a tenth of the total number of Muslim men and boys executed after Serb forces overran the UN-protected town on July 11, 1995, during the 1992-1995 Bosnian war.

Serbian President Boris Tadic attended yesterday, in an "act of reconciliation."

THE ASSOCIATED PRESS

The victims

- **The victims** The youngest victim buried yesterday was 14. The oldest was 78.
- **DNA tests** All the bodies had been excavated from mass graves and identified through DNA tests.
- **More victims** Another 1,844 victims have been identified, but their skeletons consist of only a few bones and relatives are refusing to bury them before more fragments are found.
- **Coverup** Several months after the massacre, Serb troops excavated the original graves and moved victims in a futile attempt to conceal evidence.

1 Only one victim found yesterday was Christian. The rest were Muslim.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

▶ A Bosnian Muslim woman cries as she attends a mass burial for 775 Srebrenica victims at the Potocari Memorial Center in Potocari, northeast of Sarajevo, yesterday.

RAZOR OR LASER
• Painless - Safe • FDA Approved
• No Shaving • All Skin Types
• No Waxing
• No Tweezing
• No Ingrowns
Upper Lip $75 $15
Full Face $400 $99
F/arms or L/legs $299 $139
U/arms/bikini $249 $99
Mens Back or Front $499 $169
Free Personal Consultation - CALL NOW
Prices based on package purchase.
As advertised in major magazines
TORONTO MISSISSAUGA
BAY/BLOOR HWY 10/DUNDAS
416.929.4247 905.896.1074
HAIR LOSS
A Natural Alternative to Hair Transplants for Men & Women
(HMA) Hair Micro Analysis
(LLLT) Laser Treatment
(ETG) Treatment
• Itchy Scalp • Thinning Hair
• Dandruff • Alopecia
• Breakage • Profuse Hair Loss
96.7% Success Rate
Antech HAIR & SKIN CLINICS
www.antechhair.com

Voters say no to Japan PM's fix

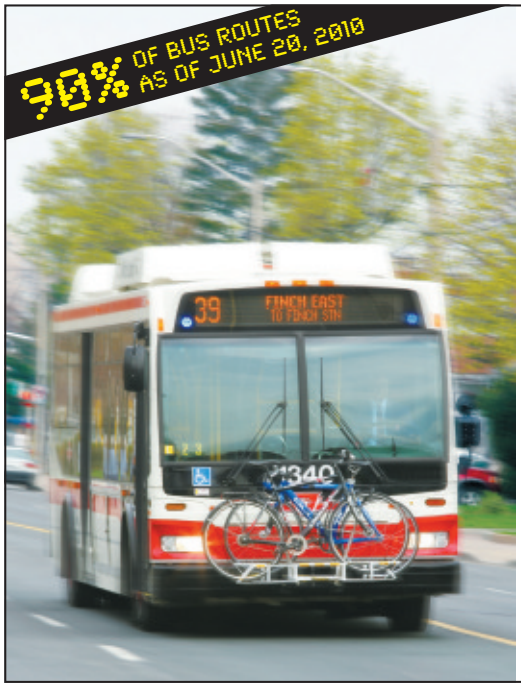
Japanese voters handed a stinging electoral defeat to the ruling party yesterday, exit polls showed, rejecting a proposal to increase taxes and handicapping a fledgling government struggling to keep the world's second-largest economy from financial meltdown.

Prime Minister Naoto Kan has warned the country could face a Greek-style meltdown if it does not get its finances in order — possibly by raising the sales tax. But projected losses in elections for the upper house of parliament indicate voters have rejected his solution, and will make it difficult for his government to effectively revive the economy.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Naoto Kan



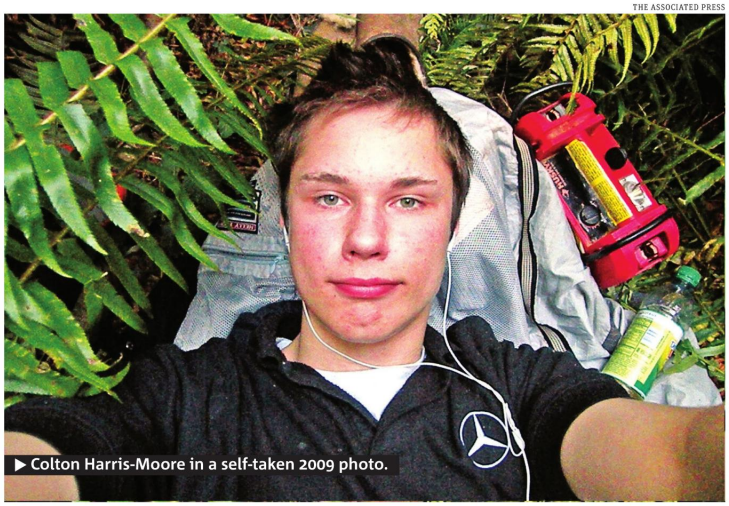
RACK IT and ROCKET!

The TTC *Rack It and Rocket* program puts bike racks on buses so that cyclists can take their bikes with them – on 153 bus routes as of June 20, 2010. You pay your regular fare, but your bike rides for free.

Visit www.ttc.ca for more information:
- Instructions and other program details
- List of current bike rack equipped routes
- Map showing equipped routes near you
- *Rack It and Rocket* Instructional Video

Ride the Rocket.
THE BETTER WAY

THE ASSOCIATED PRESS



▶ Colton Harris-Moore in a self-taken 2009 photo.

Teen 'bandit' finally nabbed in Bahamas

Police picked up trail after recovering stolen boat

The teenage "Barefoot Bandit" who allegedly stole cars, boats and airplanes to dodge U.S. law enforcement was nabbed yesterday as he tried to make a water escape then brought handcuffed — and shoeless — to the capital to face justice, abruptly ending his two-year life on the lam.

Colton Harris-Moore was arrested before dawn in northern Eleuthera, said Sgt. Chrislyn Skippings, a spokeswoman for the Royal Bahamas Police Force. A contingent of high-ranking officers travelled to the island and took the suspect to Nassau, the country's capital, where he faces possible extradition to the U.S.

True to his nickname, the 19-year-old suspect was barefoot as he stepped off the plane. He kept his head down and ignored questions shouted by reporters. Island police had been searching for the wily fugitive since he allegedly crash-landed a stolen plane a week ago on nearby Great Abaco Island, where he was blamed for a string of at least seven break-ins.

58,000
Approximate number of fans Colton Harris-Moore has on Facebook, some of whom posted messages yesterday such as "Free Colton" and "Let Colton Fly."

THE ASSOCIATED PRESS

Calling All Healthy Postmenopausal Women!

If you are:
- A healthy Postmenopausal woman
- 45 years of age or older
- A non-smoker who does not regularly take medication

You may qualify to participate in this research study, which may involve an investigational drug, and be compensated up to $2,000 upon study completion.

Call: 905-629-5777 or Toll Free: 1-888-274-5544
Regular hours of operation: Monday to Friday 9am – 8pm & Saturday 9am – 5pm
4520 Dixie Rd., Mississauga • www.cetero.com

Cetero Research "Today's Research for Tomorrow's Healthcare"

Amazing New Rates

- Register up to 4 phone numbers on one account
- No need to change your cell phone company
- No contracts or commitments
- Dial directly without PINs

India 1.9¢ Philippines Cell from 8.9¢

Algeria	7.9¢	Morocco	3.9¢
Bangladesh	3.9¢	Palestine	17.9¢
Bosnia	9.9¢	Peru	1.9¢
Canada	2.9¢	Romania	1.9¢
Colombia	from 1.9¢	Serbia	9.9¢
Croatia	2.5¢	Syria	13.9¢
Egypt	9.9¢	U.A.E.	16.9¢
Iran	from 5.9¢	U.S.A.	2.9¢
Lebanon	7.9¢	Vietnam	3.9¢

Receive Today up to 120 FREE MINUTES and a $10 Gift Card

Sign up today!
www.startec.com/metro
1-877-215-6862

Valid for new customers who subscribe on or before August 31st, 2010, who are in good standing at the time of the award and who have a valid email address. FREE MINUTES: To qualify, post-pay Customers must complete an international call of 5 minutes or more to an international destination, excluding the U.S. Prepay Customers must make a qualifying minimum purchase of $25 and complete an international call of 5 minutes or more to an international destination, excluding the U.S. FREE MINUTES award will be in the form of an email call balance PIN that can be used to call any destination. The call balance will be valued at $5.00 (CDN) if the international call is to Egypt, Iraq, Lebanon, Jordan, Syria, Saudi Arabia, UAE, Kuwait, Bosnia, Serbia, Croatia or the Philippines. The call balance will be valued at $3.50 (CDN) if the international call is to other qualifying international destinations. GIFT CARD: Customers will receive a $10 Persona MAX Card from American Express upon a qualifying. Post-pay Customers must have $50 (CDN) in per minute call charges within the first 3 billing cycles of their service. Pre-pay Customers must recharge $50 (CDN) to their accounts within the first 60 days of their service. Terms & Conditions apply. International calls to some cellular numbers may be charged at different rates. HST applies.

MOUNTIE MYSTERY

Mountie charged in wife's death

A day after his wife's body was found in a southeast Edmonton home, an RCMP constable was charged with second-degree murder in her slaying.

Const. Tarith Sehmbi, 36, is expected to appear in court on the charge today, said Clifton Purvis, executive director of the Alberta Serious Incident Response Team. The provincial organization, which investigates major incidents involving police, is leading the homicide investigation.

Purvis declined to make any further comment on the case. Police were called to a home early Saturday morning after neighbours reported hearing what sounded like gunshots.

THE CANADIAN PRESS

Guns blazin' over talk of coalition

JEFF McINTOSH/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper flipping pancakes at a Stampede breakfast in Calgary over the weekend.

◗ Grits have suggested joining forces with NDP ◗ PM says Tories led Canada out of global recession

Prime Minister Stephen Harper used a hometown speech Saturday night to tout his party's victories while warning of the potential perils of what he called an "opposition coalition" victory.

Harper blasted all three opposition parties in a speech before a cheering tent full of party faithful, including many Tory MPs and provincial Conservative members at his annual Stampede barbecue.

"They're moving ever closer together. They don't think they can beat us alone, so what they hope is that next time they can deny us a majority and then form a coalition of losing parties," he told the crowd, which often interrupted him with cheers.

"Friends, a Liberal-NDP-Bloc Quebecois coalition is something we can never let happen to this country."

Liberal Leader Michael Ignatieff has flatly ruled out any non-compete deals or mergers.

"I look out there and what I see is 'big hat, no cattle,' that's what I see. Not only no cattle, but quite a lot of sheep."
LIBERAL LEADER MICHAEL IGNATIEFF

He left the door open to considering a coalition government, but only after the next election, should the results make a coalition necessary and feasible.

Ignatieff spoke at a separate Stampede event several hours before Harper took the stage.

He served up breakfast and fired off his own barbs about the Tories under Harper's leadership.

THE CANADIAN PRESS

Group pays to hold its horses

With the financial backing of a California winery owner, activists have purchased almost all 174 horses up for sale at a state-sanctioned auction in Nevada to keep the horses from going to the slaughterhouse.

Stephanie Hoefener of the Lancaster, Calif.-based Livesavers Wild Horse Rescue group said activists purchased 172 horses for $31,415. The other two horses were acquired by private individuals for their personal use, she said.

25 Horse meat can fetch up to $25 per pound in Europe and Asia.

Agriculture department officials acknowledge the stray horses could have wound up at slaughterhouses because they did not have the federal protection afforded to wild-roaming horses.

THE ASSOCIATED PRESS

RESEARCH STUDY
DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?

We are looking for adults between the ages of **25 and 65 who have arthritis** and are **currently employed** to complete a brief research questionnaire and telephone interview.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003

ACREU University Health Network

THE CANADIAN PRESS

▶ Christian Paradis

Asking the wrong questions?

The Conservative government is spending $240,000 to conduct polls on how Canadians feel about green energy while renewable-energy producers complain their industry is in jeopardy because it lacks funding.

Documents obtained by The Canadian Press indicate that Natural Resources Minister Christian Paradis recently signed off on a plan to conduct extensive public-opinion research on issues ranging from the clean-energy economy to the Energy Star symbol seen on household appliances.

The plan was finalized in the weeks after the federal budget, which had raised the ire of environmental groups for what they perceived as a paltry level of funding for green-energy projects.

Renewable energy producers said Ottawa imperilled their industry by failing to guarantee long-term funding for the ecoEnergy program, which was set up in 2007 to provide $1.4 billion in funding.

The program is slated to run out in 2011 which, critics say, effectively ends subsidies for solar and wind energy projects.

THE CANADIAN PRESS

it's time for a time out

Free valet parking.

Have you ever seen *cows* on parade as if they were in a *fashion show*? Or horses done up with more *bling* than *Birks*? A place where the *horses and buggies* actually out-number the cars? Now you can! Come experience the authentic rural adventure that is Perth County.

Don't miss the unique Amish School Auction, July 17.
Listowel Agricultural Fair, July 15-18.
For more information, visit:

your newest Ontario travel destination
www.timeout.travel

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Davidson holds a mirror to his face in a Haitian pediatric malnutrition ward co-founded by Demi Moore.

Haiti: Where's the money?

▶ 100 days ago Haiti was struck by a devastating 7.0 earthquake ▶ Some 250,000 people died, making it the deadliest quake in 24 years

ELISABETH BRAW
METRO WORLD NEWS

When United Nations Secretary-General Ban Ki-moon calls $5.3 billion US a "down payment", it's obvious sign that massive amounts of money are required.

$5.3 billion is the sum the international community has pledged to Haiti over the next two years. After the two-year period, Haiti will receive another $4.6 billion.

At a New York conference last month, the U.S., the EU, the World Bank and other major international entities co-ordinated their aid effort to the quake-stricken country for the next several years.

But Haiti's needs won't end with that.

"A decade is the first stage of aid to Haiti", says Mark Schneider, Senior Vice President at the International Crisis Group.

"A generation is the second stage."

Haiti's 2009 GDP was $11.9 billion.

USAID — an example to follow

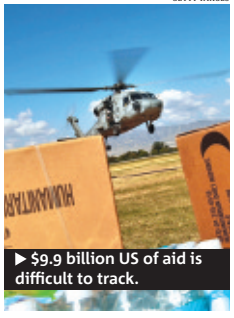
The $9.9 billion US aid for Haiti comes at the tail of an unprecedented aid effort after the earthquake, where organizations like Doctors Without Borders played an important role.

As independent organizations, these groups won't receive any funds from the $9.9 billion reconstruction package.

UN Secretary-General Ban Ki-Moon promised that the unprecedented humanitarian intervention will be monitored by a internet-based tracking system. In addition, Haitian President René Garcia Préval and former U.S. president Bill Clinton head a commission charged with ensuring that the funds are well-spent.

"There has been corruption and waste of money, particularly in the distribution of food," said Marilyn Allen, head of Transparency International's Haiti chapter. "But it's very difficult to track because there's no official monitoring of how much money has been received. USAID has been exemplary on publishing which organizations it has given money to, and for what. All aid organizations should do the same."

GETTY IMAGES



▶ $9.9 billion US of aid is difficult to track.

● ELISABETH BRAW

LIFE INSURANCE
Do you have MORTGAGE INSURANCE / LINE OF CREDIT INSURANCE with a bank? Compare & save up to 50%... Preferred Plus Non-Smoker Rates!!!

Term10	Male			Female		
AGE	$100,000	$250,000	$500,000	$100,000	$250,000	$500,000
30	$11	$14	$21	$9	$11	$15
40	$14	$18	$27	$12	$15	$21
45	$18	$26	$38	$14	$18	$27
50	$17	$35	$60	$13	$26	$40
55	$25	$55	$93	$19	$38	$69
65	$63	$148	$291	$41	$96	$185

Also available: Term 20, 25, Term 100, Universal Life, Whole Life, Critical illness & Disability Insurance , Income Plus, RRSP & RESP.
Plans also available without medical exams
Representing: Manulife, RBC Insurance, Canada Life, Unity Life, Foresters, Standard Life, Industrial Alliance, Transamerica, ...
Please call: GUILROY or RAHUL (Henriques Financial)
Tel: 416-898-8889 / 905-282-0800 / 1-888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com Website: ww.henriquesfinancial.com

BP PLC/THE ASSOCIATED PRESS

▶ Video provided by BP PLC shows oil leaks from the broken wellhead in the Gulf of Mexico yesterday.

BP tries another fix

Robotic submarines remove cap that had been placed on leak in early June Calm weather boosts hope for containment system replacement

Robotic submarines working 1.6 kilometres underwater removed a leaking cap from the gushing Gulf oil well Saturday, starting a painful trade-off: Millions more crude will flow freely into the sea for at least two days until a new seal can be mounted to capture all of it.

There's no guarantee for such a delicate operation, officials said, and the permanent fix of plugging the well from the bottom is still slated for August. "It's not like putting a cap on a tube of toothpaste," Coast Guard spokesman Capt. James McPherson said.

BP aims to have the new, tighter cap in place as early as today.

The plan, which was accelerated to take advantage of a window of good weather, didn't inspire confidence in the residents of the oil-slicked coast. "This is probably the sixth or seventh method they've tried," said Deano Bonano, director of emergency preparedness for Jefferson Parish.

THE ASSOCIATED PRESS

FREE CREDIT BUILDING SEMINAR
ACCESS OVER $400,000 PLUS IN UNSECURED CREDIT

- How to raise your credit score without paying down your credit card balance
- How to save over $30,000 per year with low interest credits
- HOW TO DELETE ERRORS FROM YOUR CREDIT REPORT
- HOW TO ACCESS OVER $400,000 PLUS IN UNSECURED CREDIT
- HOW TO NEGOTIATE WITH CREDITORS
- How to Leverage the credit system to build wealth, start businesses, and invest in real estate
- How to effectively manage your STUDENT LOAN(S)

SEMINARS
Monday July 12, 2010
12:30 pm & 7:00 pm
Wednesday July 14, 2010
12:30 pm & 7:00 pm

LOCATION
DAYS HOTEL & CONFERENCE CENTRE
1677 Wilson Avenue
Toronto ON M3L 1A5

FREE $50 VALUE CD FOR ALL WHO ATTEND.
SEATS ARE LIMITED
REGISTER WWW.REMICCORP.COM
CALL 1-888-88REMIC (73642)

Vatican can't pull budget out of the red

82 The Vatican said donations from churches worldwide, the so-called Peter's Pence, were up in 2009, with Catholics donating $82.52 million. Leading donors were from the U.S., Italy and France.

The Vatican said Saturday it had posted its third straight financial loss, registering a $4.1-million deficit for 2009.

The financial report released by the Holy See's press office listed revenues of $250.18 million against expenses of $254.28 million.

Most of the expenses went to support Pope Benedict XVI's activities and the Holy See's offices, especially Vatican Radio, the voice of the Pope that is broadcast on five continents in 40 different languages and produced by 200 journalists.

THE ASSOCIATED PRESS

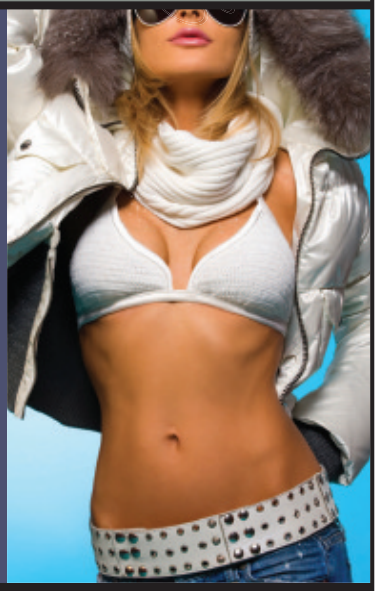
Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
11,570.45 (Friday)	96.74¢ (Friday)
Oil	**Natural gas 1,000 cu ft**
$76.09 US (Friday)	$4.402 (Friday)
	Gold contracts
	$1,209.80 (Friday)

Toronto Cosmetic Clinic

Breast Augmentation
Liposuction
Vaginal Tightening Surgery
Labioplasty
Nose Surgery
Lip Augmentation
BOTOX® Treatment
Laser Hair Removal
Skin Tightening
Laser Tattoo Removal
Wrinkle Removal
Non Surgical Fat Removal



Call 416-221-5554 today to book your free consultation or visit www.TCclinic.com to explore all of your options.

TCC Toronto Cosmetic Clinic

ONE DAY ONLY!
MONDAY, JULY 12, 2010
19.99 Each
All Mac & Jac® fashions reg. priced at up to $70 and Mac & Jac clearance priced fashions
Selection may vary by store. While quantities last
ONLY AT SEARS
mac & jac
Sears
NE072G510 © 2010. Sears Canada Inc.

DRIVERS HOLD KEY TO TRANSIT'S FUTURE

Urban Compass

ED DRASS

The solution to the GTA's transportation future is in the hands of car drivers — or rather, their pockets. The question is how long it will take for them to realize increased charges for driving may be the key to reducing the severity of traffic congestion?

Although reports show travel times are worsening steadily, motorists have so far just grumbled and put up with it. More cars are pouring onto Toronto's roads every year, but many motorists lash out at any proposal to shift people to transit through tolls and increased funding for rail expansion.

However, this acceptance of creeping congestion could turn to anger if people suddenly wake up and decide they are spending too long behind the wheel. Many would demand politicians deal with the traffic nightmare, even if it means drastically raising taxes. But such a tipping point could come too late — it takes years to build new infrastructure and Toronto's economic competitiveness may be damaged beyond easy repair.

Transit riders would suffer more from crowded road conditions until motorists have a change of heart. Alas, people who use buses are generally seen to have less political clout than those who drive.

Fortunately, some GTA citizens are willing to talk about the consequences of ignoring congestion growth — even if politicians won't. Groups like the Toronto City Summit Alliance and others are taking a hard look at various ways to raise needed transport funds. (See torontoalliance.ca for its report Time To Get Serious.)

If and when our governments are ready for a real debate on gridlock solutions, an array of well-studied tools will already be available. Citizen experts are now weighing the relative benefit of highway tolls, gas taxes, car ownership fees and parking levies. And they do not shy from admitting the potential downside of each option.

One idea stands out — dedicating the extra pennies the new HST has just added to every litre of gas. Doing so would pump needed cash into the GTA's transport plan — and show motorists their taxes are making a difference.

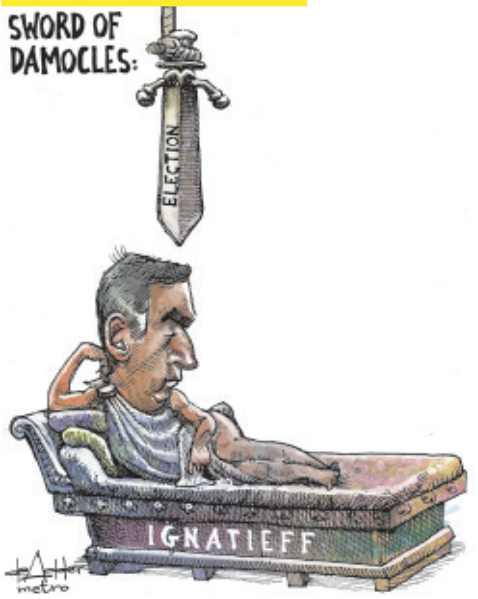
Quick tip

The TTC's vehicle arrival system is finally accepting text requests. Find a unique code at each streetcar stop or on schedule pages at ttc.ca.

• • •

Thank you, readers: After 575 Metro columns, I'm taking a break from writing. I'll continue to tweet on transit issues at twitter.com/eddrass.

Cartoon



Noteworthy

Military purging sexist cartoons

Degrading drawings of women in sexual situations have been deleted from Canadian military classroom materials.

The Forces launched the purge when it found out the offensive cartoons were used in courses for soldiers headed to Afghanistan.

THE CANADIAN PRESS

Time to cut royal ties?

Letters & Tweets

CALGARY. Should Canada cut ties with the monarchy? Absolutely!

The British look down on Canada in contempt, and here we are, absurdly comical hapless serfs with such an inferiority complex, hanging on to a foreign tradition of a tired-out, has-been empire, elevating them as demi-gods!

I love The Queen, but the rest of the clan is a bunch of misfits and fat-cats living high off the hog.

I also believe that at all times, not just during bad, the royal family should be paying its own way, instead of the government forcing working people to foot those enormous bills.

But that is asking too much of a government that spent $1 billion on the G20 Summit and has slapped some provinces with an HST!

JACK G. ASHOK

TORONTO. In the aftermath of the G20 Summit, one burning question keeps coming to mind: How was it possible that "protesters" were able to trash and burn police vehicles?

After over a billion dollars was spent on security, how is it possible that the police were unprepared to defend their property?

It is inconceivable to me that this was not a deliberately staged spectacle to justify the brutal police action that followed.

PAUL DONAT

Waving goodbye?

PAUL CHIASSON/THE CANADIAN PRESS

Do you feel safe swimming in Lake Ontario?

Email
torontoletters@metronews.ca
Twitter
@metrotoronto

Metro has the right to edit letters and submissions.

Metro Minute at GCBespoke

Remember driving through the carwash as a kid, wishing you could open the door and roll around in the suds? Toronto designers Giani Tariello and Camal Pirbhai want to re-inspire that nostalgia with their newest installation — Buffer in Blush — on display in the window of their Yorkville gallery, GCBespoke.

Swathed in rows of blush-coloured fabric, the eight-foot tall work of art spins in a hypnotic rhythm, making it almost impossible to look away.

And if that doesn't trigger your youth button, head inside to check out their custom curtain made of teddy bears.

112 Scollard St.

JORDANA DIVON

JORDANA DIVON/FOR METRO TORONTO

▶ Buffer in Blush

metro

METRO TORONTO • 625 Church St., 6th Floor • Toronto ON • M4Y 2G1• T: 416-482-4900• Fax: 416-482-8097• Advertising: 416-486-4900 ext. 316 • adinformation@metronews.ca toronto_distribution@metronews.ca
Associate Publisher Irene Patterson, **Managing Editor** Jim Reyno, **Retail Sales Director** Tracy Day, **Production/Distribution Director** Gerry Moher

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

New Innovation for Back Pain Sufferers

Imagine living without back pain.
Imagine doing everything you've avoided.
Imagine being "you" again.

SALE 50%

1 week Toronto Sale

First 100 customers get Back Pain Relieving Air Orthotics FREE ($80 value)!

Renowned back specialist Dr. Michael Ho has engineered a revolutionary new product to help men & women relieve a lifetime of back pain in as little as 20 minutes. Work, walk, and be active again with Dr.Ho's Decompression Belt

DR-HO'S Decompression Belt

Belt expands to stretch & traction lower back

DR-HO'S Belt helps relieve:

- Chronic & acute back pain
- Degenerative, herniated or bulging discs
- Leg pain related to degenerative disc
- Trouble sleeping due to back pain
- Aching back from sitting, driving, or lifting
- Sore back from child and elderly care
- Back pain from golf, hockey or racquet sports

DR-HO'S Belt is clinically observed to help:

- ✓ Decompress lower back joints & spinal discs
- ✓ Lift & keep upper body weight off lower back
- ✓ Support lower back & increase core strength
- ✓ Stabilize & align spine and improve posture
- ✓ Stretch & relieve tight lower back muscles
- ✓ Relieve lower back pain & stiffness

Dr. Michael Ho Back Specialist

SAVE 50%

Sale Ends in One Week

"I guarantee my Belt will provide better results than inversion tables and large clinical decompression units, or I'll refund your full purchase price."

Phone: 1-877-374-6669 (Toll-Free)

Web: www.DrHoNow.com
Store: 145 Anderson Ave.
Markham, ON, CAN, L6E 1A4
Promo Code: Belt

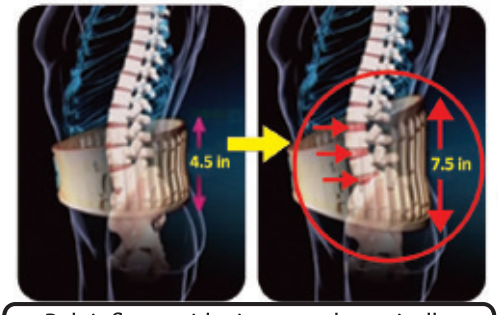
30 Day Money Back Guarantee

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has devoted his life to Health and Wellness.

Dr. Ho has been recognized for his ability to identify and correct the cause of the pain providing longterm relief for his patients.

How DR-HO'S Belt works:

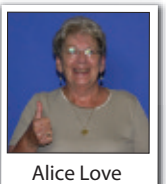
1. Wrap DR-HO'S Decompression belt firmly around your waist.
2. Clip air pump nozzle onto the belt.
3. Inflate the belt by pumping the air pump. The belt will expand vertically, gently stretching and tractioning the lower back.
4. Remove the air pump nozzle from the belt and enjoy. Feel the relief in as little as 20 minutes!



Belt inflates with air, expands vertically, gently stretching and tractioning lower back

Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."



Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

Sports Specialist Dr. Carson

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm, as one of the many things that we can do to help our back pain patients. I certainly look forward to prescribing this belt because I realized the benefits myself."

- Website that posted recording of Mel Gibson's rant says more to come
- Oscar-winning director and actor dropped by talent agency

JACQUES BRINON/THE ASSOCIATED PRESS

▶ Oksana Grigorieva and Mel Gibson arrive at the Edge Of Darkness premiere in Paris earlier this year.

Mel Gibson's ugly words caught on tape

The two-minute clip of Mel Gibson using a racial slur and calling his ex-girlfriend a "whore" during an argument are unlikely to be the last ugly words the public hears from the actor.

RadarOnline.com, the celebrity website that posted the recording Friday, says there's more where that came from.

For 10 days, the site has posted written transcripts of secret recordings it said Gibson's former girlfriend, Russian singer Oksana Grigorieva, had made. The snippet released Friday is the first audio of the confrontations that have been aired.

The clip includes segments in which a voice that sounds distinctly like the Academy Award winner is heard telling Grigorieva that she is dressing too provocatively and that it would be her fault if she were raped. He uses the N-word, a racial epithet, at one point. The recording is laced with his profanity.

Shortly after the posting, entertainment news outlets reported that Gibson had been dropped by talent agency William Morris Endeavor, although that decision appeared to have been made days ago. The agency did not return phone calls and an email seeking comment.

"It is shocking, not only for content — which is horrific — but for tone. It is one of the most vile things we have ever heard." DAVID PEREL, RADARONLINE.COM

David Perel, RadarOnline's founder and executive vice-president, said the site had heard "a substantial portion" of 30 minutes of recordings Grigorieva had made. Perel said more audio clips will likely be released in coming days. The site reported the she made the recordings because she was afraid Gibson might harm her.

The Los Angeles County Sheriff's Department is investigating allegations that Gibson was involved in a domestic violence incident with Grigorieva, with whom he has an eight-month-old daughter.

Gibson's camp remained silent about the recording. Spokesman Alan Nierob did not issue a comment on the audio's contents. Grigorieva's lawyer, Marci Levine, also did not return a phone message.

It is the second high-profile incident in which Gibson has been accused of using slurs and degrading women.

He apologized after his drunken driving arrest in 2006 after it was revealed by TMZ that he had made anti-Semitic and sexist comments.

In the recent recordings, the actor is heard criticizing Grigorieva for the way she dresses. He accuses her of lying to him about having breast implants.

THE ASSOCIATED PRESS

Custody dispute

It is unclear when the recording was made or in what context. It opens with Mel Gibson discussing breast feeding of their daughter. Toward the end, Gibson indicates he is done with the relationship.

"I don't trust you," the actor is heard saying. "I don't love you. I don't want you."

The former couple have been locked in a bitter custody dispute in Los Angeles. Records in the court case, which may include the audio recordings, remain sealed.

THE ASSOCIATED PRESS

Usher sings in Chinese at Beijing concert

Usher was expected to sing in Chinese, briefly, during his China debut concert in Beijing yesterday.

Usher was to sing one of Asian pop sensation Wang Lihong's songs in Chinese, Wang told a joint press conference Saturday night, and the two will also sing Usher's No. 1 OMG.

"I wanted to make a great impression, so I wanted to do something very special," Usher said. "After hearing (Wang's) music, I wanted to collaborate with him." The American recording artist said he came to China because he knows there's an audience for him.

THE ASSOCIATED PRESS

Sheen court date postponed

A court hearing during which actor Charlie Sheen was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife has been postponed.

Court officials say the hearing has been delayed from today to Aug. 2. Yale Galanter, one of Sheen's attorneys, says the defence needs more time to work out details of an agreement that calls for Sheen to plead guilty to misdemeanour assault in exchange for prosecutors dropping more serious charges.

THE ASSOCIATED PRESS

GETTY FILE PHOTO

▶ Celine Dion

Celine Dion expecting twin boys

Celine Dion says the twins she's expecting are boys.

The superstar singer revealed the sex of the babies in a brief statement Friday on her website.

Dion already has a son, Rene Charles, with her husband and manager, Rene Angelil.

THE ASSOCIATED PRESS

2 scene

News in brief

1 Model Naomi Campbell will testify at the war crimes trial of former Liberian president Charles Taylor.
THE ASSOCIATED PRESS

2 Susan Boyle is searching for an unknown to duet with her on her upcoming album.
THE ASSOCIATED PRESS

3 Glee star Amber Riley will sing the national anthem before tomorrow's MLB All-Star game.
THE ASSOCIATED PRESS

Memorable movie monsters

THE CANADIAN PRESS/HO-MIRVISH PRODUCTIONS

▶ Legally Blonde is running at the Princess of Wales Theatre.

It's curtains for musical

Hit show Legally Blonde set to close next month after four-year run

Becky Gulsvig is ready to part with the pink.

The American star of Legally Blonde the Musical has been with the hit show for four years, most recently as pink-loving protagonist Elle Woods in a tour that made its Canadian debut in Toronto this week.

With the tour set to close for good next month, Gulsvig — who is married to a Canadian and is based in New York — says she's come to terms with the imminent ending.

"I'm ready, just because it's been a long time with one show," the Minnesota native said in an interview at the Princess of Wales Theatre, where the musical is running through Aug. 8.

"However, it'll be really weird because it's been four years of Legally Blonde in some capacity for me. It'll be sad, of course, but it'll be nice to start the new chapter in my life." THE CANADIAN PRESS

TV picks

New Stephen King series

MYSTERY Haven, based on the Stephen King novel The Colorado Kid, stars Emily Rose as an FBI agent who probes a mysterious case. (Global, Fox)

Passionate Eye probes kingpin

DOCUMENTARY The Passionate Eye is airing Mexico's Drug War, about a fugitive narcotics kingpin who also happens to be a billionaire. (CBC NN). THE CANADIAN PRESS

CAN-NET Home Phone Line
Save up to 80% On Your Phone Bill Every Month!
$8.99 /Month
* Unlimited calling to 20 major cities in Canada
* 13 FREE Phone features
* No Contract
30 Days Satisfaction Guaranteed!
1.888.871.8173
www.can-nettel.com
* Certain conditions apply.

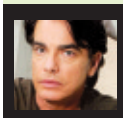
The Centre for Addiction and Mental Health is in the process of developing and evaluating
internet-based interventions
for
Alcohol users.
Would you like to help?

If you are a current drinker, please call
416-535-8501 x6459.
Compensation Provided
This is not a treatment service.
camh
For information about programs and services at CAMH, visit www.camh.net or call 416-535-8501

Celebrity tweets

Samantha Ronson [@samantharonson] Hey Joan Rivers- you have collagen older than Lindsay, pick on someone your own age, oh wait, I guess people that old can't hear.

John Mayer [@johncmayer] Just once, I want to hear a rap song with implicit lyrics.



Peter Gallagher [@petergallagher_] Great to be in Ireland. My brows are one of millions here and perfect for the rain. Home at last.

Kathy Griffin [@officialkathyg] They don't give out an Emmy for 'Best Airbrushing' but if they did, I'd totally win.

Underwood weds Senator Fisher

Country star, hockey forward will have homes in Nashville, Peterborough, Ont. Engaged on Dec. 20

Country music star Carrie Underwood and Ottawa Senators forward Mike Fisher were married at a luxury resort in Georgia late Saturday afternoon, according to a People magazine report.

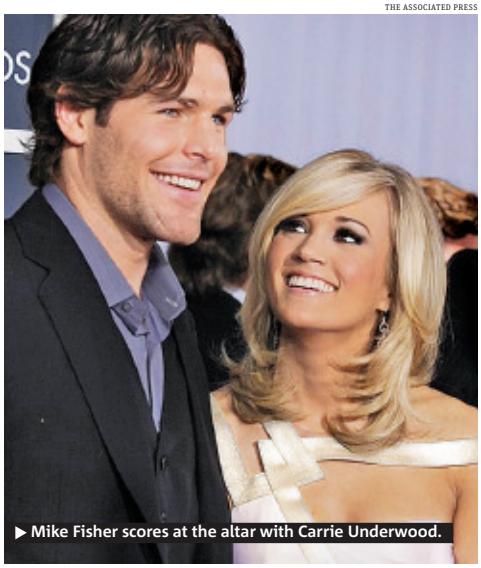
Underwood, 27, and Fisher, 30, tied the knot before 250 friends and family in a ceremony featuring classical music and the couple's favourite Bible readings, the magazine reported on its website.

"We could not feel more blessed to have found each other and to have shared this day with our friends and family that mean so much to us," the couple said.

Mike Fisher has said on his website that his bride would legally change her last name, but would still be known professionally as Carrie Underwood.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS



▶ Mike Fisher scores at the altar with Carrie Underwood.

Once upon a time in Alaska

You might call it Sarah Palin's introduction to the cubs.

A biography of the former Alaska governor and self-described "mama grizzly" is set for release in September by Christian book publisher Zondervan. Speaking Up: The Sarah Palin Story, is one in a series of biographies aimed at 9- to 12-year-old readers. Others feature 2007 Heisman Trophy winner Tim Tebow and U2 frontman Bono.

Kathleen Kerr, an acquisitions editor for Zondervan's Zonderkidz division, said the subjects are prominent figures who children hear about in the news and role models for tweens who are "working for the betterment of the world in which we live."

THE ASSOCIATED PRESS

Wedding rumours amuse Katy

Katy Perry is reportedly tickled by all the speculation about where, when and how she and fiancé Russell Brand will tie the knot. "I hear these crazy stories — we are going to get married in latex, underwear, in spandex, in Japan, in India, in Thailand," Perry says. METRO WORLD NEWS

Picking up $50K tab? Priceless

Ryan Seacrest doesn't mind picking up the check at dinner, even when it costs him more than $50,000, according to TMZ. Seacrest reportedly attended a business dinner, and when the $41,000 bill came, the "American Idol" host paid it — and left a $10,000 tip.

METRO WORLD NEWS

Life not quite what Jess planned

Jessica Simpson's life may be going great, but it's still not necessarily what she had planned.

"I thought I had it figured out; I'm going to be this great pop star, be married, have babies. But things can be taken from you," she says, according to Us Weekly, presumably referring to her marriage to Nick Lachey and relationships with Dallas Cowboys quarterback Tony Romo and John Mayer.

METRO WORLD NEWS

▶ Jessica Simpson

Smoking habit Lo point in jail

Friends of Lindsay Lohan are worried she won't survive her upcoming jail stint because the facility where she'll be locked up is smoke-free, according to TMZ.

"The first thing she does when she wakes up is light a cigarette," a source tells the Web site.

"I don't think she's gone a day without smoking in years. This isn't something she can stop overnight. It's a serious condition."

METRO WORLD NEWS

▶ Lindsay Lohan

Talking points

Furor in Cyprus over J-Lo show

CONTROVERSY Jennifer Lopez called off a controversial birthday show in the breakaway north of Cyprus, provoking celebrations Friday by Greek Cypriots while Turkish Cypriots denounced the move.

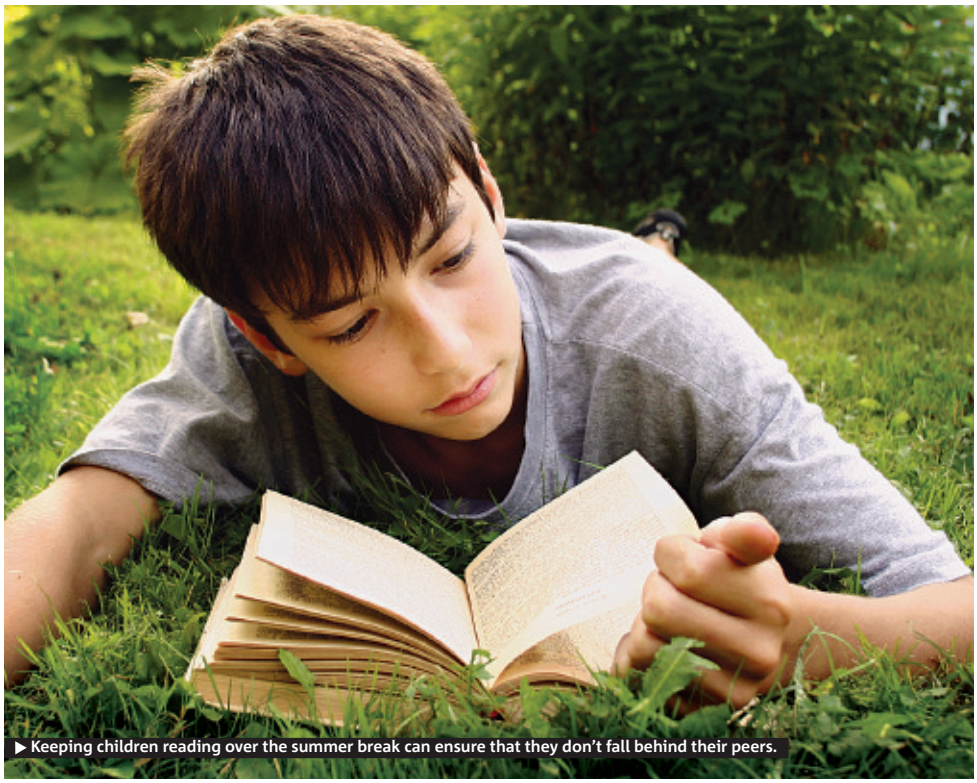
The furor over a luxury hotel inauguration showed how easily bitter rivalry can flare up between Cypriots across the ethnic divide, even as the two sides are locked in fruitless peace talks.

Reports that Lopez would perform at a hotel in the breakaway Turkish north on her 41st birthday this month triggered a Greek Cypriot online campaign pushing for cancellation.

THE ASSOCIATED PRESS

3 life

Put those lazy summer afternoons to good use and get your child reading one of these top-notch books ◆ Not only is reading good for your little ones, it's a great way to get them ready for school ◆ Make reading a family activity



▶ Keeping children reading over the summer break can ensure that they don't fall behind their peers.

Summertime learning key for success

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Dr. Nick Whitehead, founder and CEO of Oxford Learning.

According to Whitehead, it's much easier for students to start a new school year having maintained their learning momentum, than it is to return to school unprepared.

"Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," he says.

While most students balk at the idea of summer school, summer learning is more than just repair work for poor grades; it predicts better academic performance in the coming school year.

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."
DR. NICK WHITEHEAD

"We need to change the way that we think about summer and summer learning," says Whitehead. "Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades." NEWS CANADA

Learning tips

These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.

- **Visit the local library.** The public library often has reading events and competitions that can motivate children to develop their reading abilities.
- **Keep a journal** or a scrapbook. Develop vocabulary skills by writing a paragraph about the day's activities. Write down the titles of books being read and any new vocabulary words.
- **Practice time** management. Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is academic-related or not.
- **Learn.** enrol in a camp that has an academic element to maintain school skills all year long.

NEWS CANADA

Books that will have kids coming back for more

1. **The Short Second Life of Bree Tanner: An Eclipse Novella** (Twilight Saga) by Stephenie Meyer

2. **Mockingjay** (The Hunger Games, Final Book) by Suzanne Collins

3. **The Red Pyramid** (The Kane Chronicles, Book 1) by Rick Riordan

4. **The Hunger Games** by Suzanne Collins

5. **The Last Olympian** (Percy Jackson & the Olympians, Book 5) by Rick Riordan

6. **The Heroes of Olympus, Book One: The Lost Hero** by Rick Riordan

7. **Catching Fire** (The Hunger Games, Book 2) by Suzanne Collins

8. **Theodore Boone: Kid Lawyer** by John Grisham

Keeping kids' brains active

1. Make downtime productive. Develop communication skills by talking about stories, books, and TV shows. Don't just watch or read passively. Discuss what happened and why. What else might have happened?
2. Play. Strategy board games such as Chess, Clue, Risk, and Monopoly are not only competitive; they teach problem-solving, math, and planning skills too.

Tweens show peers around the world how to have fun staying fit

Light, seasonal and make-ahead

THE ASSOCIATED PRESS

▶ Orange-Scented Eggplant and Couscous Rolls

Orange-Scented Eggplant and Couscous Rolls: Can be prepared up to two days in advance, covered and refrigerated.

Ingredients :

- 1 large eggplant (about 500 g/1 lb)
- 45 ml (3 Tbsp) extra-virgin olive oil, divided
- 2 oranges
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) ground cardamom
- 15 ml (1 Tbsp) apple cider vinegar
- 250 ml (1 cup) water
- 175 ml (3/4 cup) couscous
- 500 ml (2 cups) crumbled feta cheese, divided
- 60 ml (4 Tbsp) chopped flat-leaf parsley, divided
- Ground black pepper, to taste
- 250 ml (1 cup) prepared marinara sauce

Preparation:

1. Heat oven to 220 C (425 F). Coat a baking sheet with cooking spray. You may need 2 baking sheets.
2. Trim both ends of the eggplant. Standing the eggplant on end, slice it lengthwise into slices 0.75 cm (1/3 inch) thick. Discard the end slices of skin.
3. Arrange slices on prepared baking sheets and brush with 30 ml (2 tbsp) of the olive oil. Bake until lightly browned on the undersides, about 10 minutes. Turn slices and continue baking until second sides are lightly browned and flesh is tender, 10 to 15 minutes longer.
4. Meanwhile, to make filling, grate zest of half an orange, then juice both oranges. Transfer zest and juice to a medium saucepan. Add cinnamon, cardamom, apple cider vinegar, remaining 15 ml (1 tbsp) olive oil and water. Bring to a boil. Stir in couscous and remove pan from heat. Cover and let stand until liquid is absorbed, about 5 minutes.
5. Uncover couscous and fluff with a fork, then let cool. Stir in 375 ml (1 1/2 cups) of the feta and 45 ml (3 Tbsp) of the parsley. Season with pepper.
6. Coat a 3-l (9-by-13-inch) baking dish with cooking spray. Place about 50 ml (1/4 cup) of the couscous mixture at one end of each eggplant slice. Pressing with your fingers to compact the filling, roll up each slice and transfer them, seam-side down, to prepared dish.
7. In a saucepan, heat marinara sauce. Drizzle marinara sauce over rolls. Cover dish tightly with foil and bake until rolls are heated through and sauce is bubbling, about 15 minutes. Sprinkle with feta and parsley just before serving.

THE ASSOCIATED PRESS

Superfood: Acerola Cherries

With one of the highest levels of vitamin C, acerola cherries are the ultimate summer superfood.

Overload on their goodness while you still can. Vitamin C is great for keeping the immune healthy and fighting off infections. Acerola cherries also contain carotenoids, a powerful anti oxidant, protecting cells from the damage of free radicals. Carotenoids also help keep the immune system healthy and prevent Vitamin A deficiency.

ROMINA MCGUINNESS

Offsetting your footprint

If you can't stand to live off the grid, you can find other ways to chip in

BEN KNIGHT
GREEN@METRONEWS.CA

The average Canadian emits about 24 tonnes of CO2 per year. Many are working to reduce their carbon footprint, but conservation, commuting and other changes only go so far.

That's where carbon offsets come in. They allow you to pay — between $20 and $30 per tonne — for the carbon you emit. There's no financial return on these investments, but the money directly funds new technological breakthroughs that can clean up the atmosphere for everyone. Here are the basics of carbon offsetting:

How do carbon offsets work?

"You can purchase carbon offsets, and we then invest that money in clean technology projects," says Kari Grist, senior vice president of marketing for Offsetters, a private, for-profit company specializing in the carbon market. "If an organization like Group Aeroplan wants to be carbon-neutral — and they are — we have projects that sell carbon credits to us, which we then, in turn, sell to Group Aeroplan."

▶ Being carbon neutral is now the goal of many companies.

Who collects the money?

Offsetters is one of several companies offering carbon offsets. They also do extensive research to ensure the new technologies they fund really will reduce Canada's extensive carbon footprint.

"We take the funds, and give it to organizations that implement the new technology," Grist says.

"Often, these organizations can't fund a new technology on their own."

The market is growing rapidly. Canadians paid to offset 93-million tonnes of CO2 in 2009, up from 12-million in 2005.

Where does the money go?

"For it to be a high-quality offset credit, there are standards that (a project) has to adhere to," Grist explains. "One is that the offset is real and permanent – measured by third-party validators."

Learn more at offsetters.ca

Know your city

TDSB The Toronto District School Board recently signed a deal with Greening Canada Fund. Under the agreement, the TDSB will begin selling carbon credits to GCF — credits created by the board's efforts to reduce its greenhouse gas emissions. The deal is expected to generate $1.7 million in funding for city schools.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

NOTHING FRESH ABOUT THESE AIR FRESHENERS

QUESTION:
Air fresheners make me sneeze. What's in them anyways?
Jacqueline, Summerland, B.C.

Their ingredients are of huge concern since many are made with formaldehyde (a known carcinogen), naphthalene (a suspected carcinogen), toluene (known to cause liver and kidney damage) and xylene (a neurotoxin). And to think air fresheners make up people's daily spritz and spray routine. More disturbing is how they work. Many mask an undesirable scent, but some use a nerve-deadening chemical that interferes with our sense of smell. Others coat your nasal passage with an oily film. Many air fresheners can trigger asthma attacks and affect our central nervous system. This is why going scent-free is so important.

Instead, rely on good ventilation, deodorize with baking soda or choose an essential oil-based, non-aerosol, eco-friendly air freshener.

Call back home for $20 Unlimited.
No contract. No hidden fees. No credit check required.

HUAWEI U1250 • $70

$20/mo MY COUNTRY INFINITE
Add-on for Always Talk/Always Shout plans gets you unlimited calling from any WIND Zone to one of these countries:
China · India · Hong Kong · Bangladesh · South Korea · Singapore · Taiwan

WINDmobile.ca
1-877-WIND-403 (9463)
WIND™ The Power of Conversation™

368 Queen St. W • Yorkdale Shopping Centre • RioCan Marketplace • Shops at Don Mills • Meadowvale Town Centre • Holt Renfrew Centre • BLOCKBUSTER® 2940 Finch Ave. E.
Check out our site for all 35 WIND and BLOCKBUSTER® locations in the GTA.

WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. © 2010 WIND Mobile. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

NEWS CANADA PHOTO

▶ Family time is key to having a good work-life balance.

Work-life balancing act

▶ Do you ever wish there were more than 24 hours in a day? ▶ When you come home from work, does it seem like you're still connected to the office?

For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these five simple tips:

1 Slow Down. Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

2 Use technology to streamline schedules. While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar allowing you to see what everyone's got going on so you can plan accordingly.

3 Protect your personal time. Effective time management involves knowing when to shut things down. Turning off a cell phone or other wireless device establishes boundaries between your personal and professional time.

4 Share the Load. You don't need to do it all. Really. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

5 Learn to say "no." Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering.

Learn to say no to things when there's too much on your plate ... Rather than feeling guilty, you'll learn that saying "no" can be really empowering.

NEWS CANADA

Career Finder

To advertise contact Josie McKenzie at 416-443-4364

CORPORATE TRAVELLER
Bring an expert on board

Business Development Manager

* **Bring your personality and sales drive to a leading travel company!**
* **UNCAPPED earning potential (OTE $50,000 - $67,000 in Year 1)!**
* **Global career-defining opportunities and world-renowned benefits!**

Corporate Traveller is on the look out for some enthusiastic, energetic **Business Development Managers** to join their **Toronto** team.

Working alongside our top performers, the right candidates will use their sales expertise to source new leads, develop client relationships and secure business opportunities.

This is your chance to invest your sales expertise into one of *Flight Centre's* most exciting ventures, **sell a product you can truly be proud of** and join some of the highest earners in the travel industry. **No evenings or weekends** will be required!

In addition to your attractive remuneration package you will also enjoy **extended health and dental benefits,** FREE use of the **company gym,** FREE access to **fitness services** and **financial planning consultations**, a **friendly and dynamic team culture, discount travel** and a **laptop and blackberry**.

*For **a job that will truly take you places,** join the global Flight Centre force today.*

EMPLOYMENT OFFICE
www.applyfirst.ca/job18638
Apply Online or Call 1 866 474 3140

Billion dollar publicly traded industry leader seeks
CUSTOMER RELATIONS REPS
$848 WK/AVG + INCENTIVES
Career Advancement
Training Provided
For consideration please contact **416-236-0678**
lorettaw@islington.energysales.ca

Get trained now and start in September! Ideal for stay-at-home parents, retirees, seasonal employees or home-based professionals.
CALL TODAY! 1-877-914-KIDS
E-mail: canadajobs@firstgroup.com
We are an equal opportunity employer

First Student Canada

Be **Job Ready** in months, not years!
Earn your professional **Diploma!**
Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about **Bonus Certifications**
Field Placement & Job Assistance included
www.evergreencollege.ca
Call Now!
Toronto Downtown Campus
416.365.0505
67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus
905.566.0507
Unit 201, 1140 Burnhamthorpe Rd. W.

The journey to your dream career starts here...
RESERVATION AGENTS
Permanent, Full Time | Location: Toronto
Service all types of incoming calls, with emphasis on Customer Service, maintaining a positive and professional telephone manner.

Responsibilities:
- Provide seat and hotel availability, flight schedules, destination information, terms and conditions and pertinent information to Travel Agents.
- Process changes as requested by Travel Agents.
- Maintain up-to-date brochures and promotional materials.
- Liase with Lead Agents, your Supervisor and Director regarding programs and Travel Agent feedback.

Requirements:
- Diploma/Degree in Travel and Tourism.
- Organized and detail oriented with exceptional selling and customer service skills.
- Prior experience in the travel industry an asset.
- Ability to work independently in a fast paced environment.
- Available for shift work, including weekends and holidays.
- Fluent in English, French an asset.
- Working knowledge of outlook, word, excel and intranet

We offer:
- Paid Training
- Benefits, RRSP's, Share Purchase Plan
- Blue Pass Travel Program
- Employee Recognition Program

transat Tours Canada

To apply for this vacancy, please send your résumé to:
email: catherine.carter@transat.com **fax:** 416-620-8114 **no later than July 16, 2010**
While we thank all applicants only those selected for an interview will be contacted.

MOTIVATED INDIVIDUAL
Earn $12/hr Guaranteed + bonuses for charitable door-to-door fundraiser. Staff average $23/hr for 3hrs after 5pm.
Crew Managers required for:
Mississauga • Newmarket • Aurora Richmond Hill • Toronto
Cash Paid Daily. Training provided. Extra income for car owners.
Call J.D. at
647.349.8494

Presently seeking good looking men & women aged 18-40 & kids 3-12 for photo shoots for Bride & Groom magazine.
For appointment, please call
416.363.8000
No experience necessary

Seeking Full Time Representatives
to help keep up with our ever growing business demands. Earn avg. of $800 per week. No experience necessary. Training provided for accepted applicants. Students welcome. Scholarships available. Fantastic career opportunities!
Call:416.290.6820

Prep your wallet for school

It's never too early to start planning your finances for the upcoming post-secondary year

NEWS CANADA PHOTO

▶ If you have a budget already worked out for the upcoming school year, you'll feel less anxious about your spending.

It's not always easy to keep enough money in your bank account and maintain a good credit rating when you're a college or university student. In this age of consumerism when cell phones and brand-name goods are so popular, it may be difficult to tell the difference between needs and wants. But just like learning new math formulas or milestones in history, it's never too late to learn the basics of managing your personal finances.

If your financial obligations are keeping you awake at night, you probably need to spend more time on financial planning.

Prepare a budget

▶ **Finances** A budget will help you live within your means and avoid debt. Although it takes effort to prepare a budget, it will give you peace of mind.

Prepare a budget and monitor your finances

Is the burden of a student loan too heavy? A budget is an excellent way to help you manage your finances, especially if you're having difficulty paying off your debts. Monitor your finances closely: Keep your bills and write down everything you spend each day for a couple of months. This will give you a better idea of how much money you take in, how much you spend and how much you save.

With a budget, you'll no longer feel guilty if you spend a few dollars at the movies or $20.00 for a restaurant meal, because you will have planned these expenditures and will know that they will not prevent you from paying your credit card bill.

You'll find a budget worksheet and information on how to prepare a budget and avoid debt on tip sheets published by the Financial Consumer Agency of Canada, Making a Budget and Sticking to ItandHow to Beat That Debt, available at moneytools.ca.

NEWS CANADA

North American College
Information Technology
(Registered as a private career college under the Private Career Colleges Act, 2005)

Diploma Programs
(the following diploma programs are approved as vocational programs under the Private Career Colleges Act, 2005)

- Accounting and Finance
- Administrative Assistant
- Business Administration
- Computerized Accounting
- Early Childcare Assistant
- Medical Office Assistant
- Mechanical Engineering Design & Technology
- Esthetics/New Technologies
- Esthetics/Electrolysis
- Personal Support Worker
- Pharmacy Assistant
- Legal Administrative Assistant
- Software Training for Civil and Mechanical Engineers *
- PLC/Robotics *
- Bank Teller Training *
- MCSE 2003 & CCNA *
- Cisco VoIP certification *

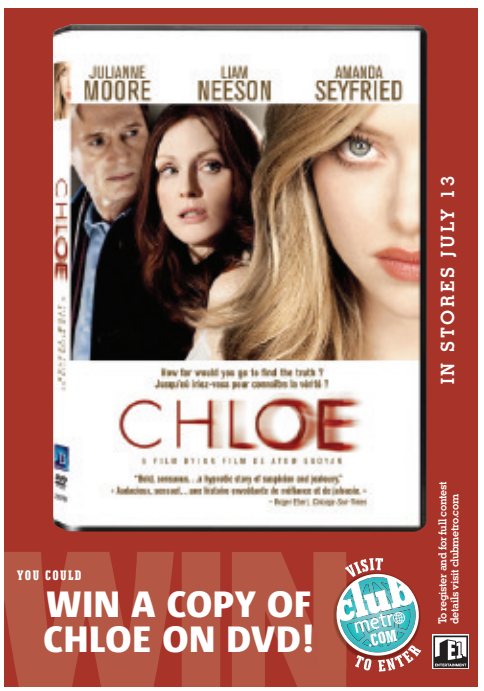
Laid off, underemployed, EI active, EI reach back & Non EI–eligible recipients, maternity or parental benefit, SA & ODSP recipients may be eligible for funding for the skills training.

Day, Evening & Weekend Classes

*These courses do not require approval under The Private Career Colleges Act, 2005.

Financial Assistance may be available to those who qualify

Ph: 416-960-6024
730 Yonge St. Suite #207, Toronto
www.nacollege.com



Money

How to gain financial independence in college

EDUCATION Learning independence is an important part of being a student and this includes being financially independent. "Financial independence isn't about having a lot of money, it's about knowing you call the shots," says Kavita Joshi, director of Student Markets at RBC. "Independence means just that — having the autonomy to make informed decisions about your money."

What are the key tips for financial independence? Joshi says it's a matter of learning to:

- Live within your means — understand how you spend, and make smart decisions that suit your needs and wants.
- Control what you can control — some expenses are out of your hands, but students have freedom over many others.

NEWS CANADA

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Número uno

Spain wins first Cup

▶ Andres Iniesta scores the winner.

SPAIN	NETHERLANDS
1	0

Spain's place among world soccer's all-time greatest teams was assured yesterday when Andres Iniesta scored with four minutes of extra time remaining to beat the Netherlands 1-0 and clinch his country's first World Cup.

With the teams facing a penalty shootout after an often ill-tempered game of few clear chances, Iniesta collected a sliding pass into the area from substitute Cesc Fabregas and smashed the ball across goalkeeper Maarten Stekelenburg and in at the far post.

The goal clinched Spain's fourth straight 1-0 victory in South Africa and made the team only the third to be world and European champion at the same time.

"This really is quite a cup," Spain goalkeeper Iker Casillas said. "The European Championship was the most important moment of our lives, but today is much bigger than anything else."

At the final whistle, the Spanish players hurried to swap their blue shirts for their more familiar red colours in time to collect the trophy. They donned shirts decorated with a single gold star to mark their triumph, becoming the eighth nation to receive the honour in the tournament's 80-year history.

"I can't quite believe it yet," said Iniesta, who was voted man of the match. "I had the opportunity to score that goal which was so important to my team. It's something absolutely incredible. I simply made a small contribution to my team in a match that was very rough."

The Dutch players trudged forlornly to collect their runners-up medals, the third squad from the Netherlands to finish second in soccer's biggest game.

THE ASSOCIATED PRESS

Ugly play doesn't tip match Netherlands' way

HASSAN AMMAR/THE ASSOCIATED PRESS

The Dutch were bent on showing that they could win ugly for their first World Cup title, but they only got the ugly part right.

With eight yellow cards, one red and endless arguing that even spilled over beyond the final whistle, the Netherlands lost much more than 1-0 to Spain in the final — it lost a lot of its credibility as creative masters as well.

Netherlands coach Bert van Marwijk has taught his team to win ugly when it needed.

"I would have loved to win it with football that is not so beautiful," he said.

THE ASSOCIATED PRESS

4 sports

Quoted

"Spain deserves this triumph and this World Cup. I think this goes beyond sport. We have been supported by all the people in Spain and we're delighted to give them this victory."

VICENTE DEL BOSQUE, SPAIN COACH

World Class Champions Set to do Battle at World Class Venue
JULY 19 - 25TH St. George's Golf and Country Club
RBC CANADIAN OPEN

BUY YOUR TICKETS NOW! | rbccanadianopen.com | 1-800-571-6736

Loss to Sox drops Jays under .500

- Team finishes first half of season with same record as last year
- Gaston says he expects more

BOSTON	TORONTO
3	2

Even with a better-than-expected record through half of the season, manager Cito Gaston wasn't willing to give the Toronto Blue Jays a pass heading into the all-star break.

After losing 3-2 to the Boston Red Sox yesterday, the Jays entered the break at 44-45. It's the same record they held after 89 games last season when they still had ace pitcher Roy Halladay, who was traded to Philadelphia for prospects in December.

"I know it's good but I'm always not satisfied with just saying good," said Gaston. "That's so easy to go and say well we've done great this half. I'd just like to see us do better. But everybody expected us to be way behind Baltimore in last place and we haven't done that.

"I don't think we're going to do that. I think we're going to come back and play a little bit better (than) in the first half."

Starting pitching and the ability to hit home runs have been bright spots for the Jays throughout the season, and they remained Toronto's strengths yesterday.

Aaron Hill hit his 12th homer of the season to score Adam Lind, who had singled in the seventh inning to pull the Blue Jays to within one run, while Jesse Litsch took a no-hitter into the sixth.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Boston's Darnell McDonald celebrates his homer.

Jackson slams Cavaliers owner

Jesse Jackson criticized Cavaliers owner Dan Gilbert yesterday, saying Gilbert sees LeBron James as a "runaway slave" and that the owner's comments after the free-agent forward decided to join the Miami Heat put the player in danger.

Shortly after James announced his decision last week, Gilbert fired off an incendiary letter to Cleveland's fans, ripping the 25-year-old and promising to deliver a title before James wins one. He called James' decision "cowardly."

THE ASSOCIATED PRESS

Sports in brief

Creamer wins first major

LPGA. Paula Creamer has won her first major tournament, never giving up the lead during a steady-as-she goes final round of the U.S. Women's Open. Creamer went into the final round at sunny Oakmont Country Club with a three-shot lead that never dwindled below two shots.

Webber takes British GP

F1. Mark Webber cruised to his third Formula One victory of the season yesterday after overtaking Red Bull teammate Sebastian Vettel on the opening lap of the British Grand Prix.

THE ASSOCIATED PRESS

World Cup in pictures

PHOTOS
1. LUCA BRUNO/THE ASSOCIATED PRESS
2. BERNAT ARMANGUE/THE ASSOCIATED PRESS
3. ARMANDO FRANCA//THE ASSOCIATED PRESS
4. MATT DUNHAM//THE ASSOCIATED PRESS
5. MARTIN MEISSNER//THE ASSOCIATED PRESS

1 Dutch player Wesley Sneijder reacts after yesterday's loss. A perfect season for Sneijder turned sour, minutes from its happy conclusion. Instead of a perfect sweep of Italian league, cup, Champions League and World Cup titles, the biggest game of the year escaped him.

2 Spain goalkeeper Iker Casillas kisses the World Cup. "This really is quite a cup," Casillas said.

3 A Spanish fan displays a body painting of octopus oracle Paul on his back in Madrid. The octopus from Germany correctly forecast Spain's victory.

4 Spain's Andres Iniesta celebrates after scoring the game winning goal. Iniesta arrived in South Africa struggling after an injury-plagued season.

5 Former South African president Nelson Mandela waves next to his wife Graca Machel as they are driven across the field ahead of the World Cup final. Mandela had kept a low profile during the tournament, having decided against attending the opening game following the death of his great-grand daughter. **THE ASSOCIATED PRESS**

MAXIMIZE YOUR POTENTIAL

Maximize your potential with hands-on training, leading technology and industry internships.

Graduate and be career-ready with most Diplomas in only 12 months.

Honours Business Administration
Accounting & Payroll Administator
Office Administrator
Police Foundations
Law Clerk + Internship
Network Engineer +Internship
Medical Office Assistant +Internship
Physiotherapist Assistant
Personal Support Worker
Pharmacy Assistant
Community Services Worker
Medical Transcriptionist +Internship
Addiction Worker
Video Game Design & Development

triOS COLLEGE
BUSINESS ◆ TECHNOLOGY ◆ HEALTHCARE

Call triOS College today to learn more
1-866-918-7634

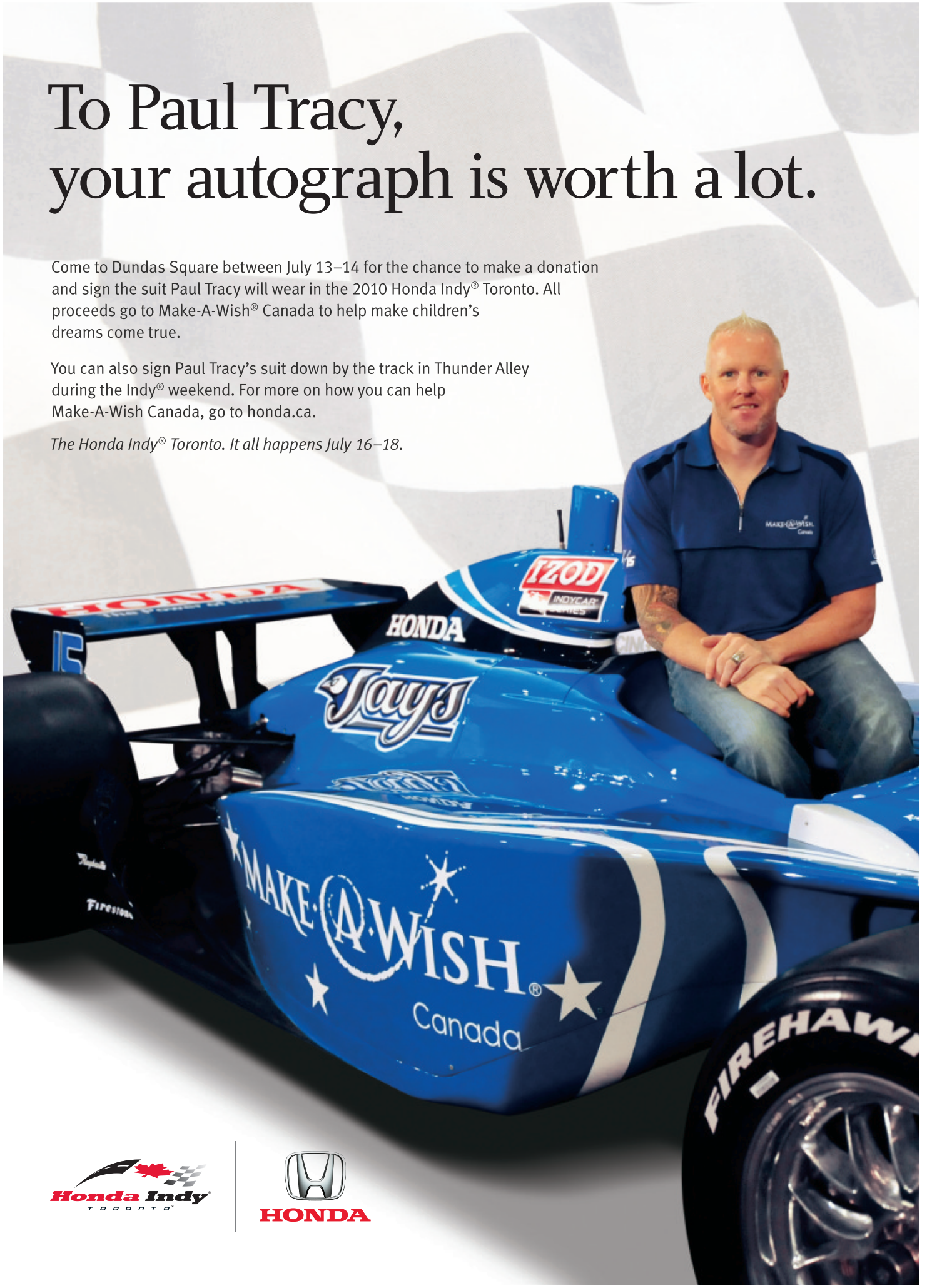
Toronto Campus: 425 Bloor St. E. Suite 200
Mississauga Campus: 55 City Centre Dr. Suite 200
Brampton Campus: 252 Queen St. E.
Oshawa Campus: 200 John St W.

To Paul Tracy, your autograph is worth a lot.

Come to Dundas Square between July 13–14 for the chance to make a donation and sign the suit Paul Tracy will wear in the 2010 Honda Indy® Toronto. All proceeds go to Make-A-Wish® Canada to help make children's dreams come true.

You can also sign Paul Tracy's suit down by the track in Thunder Alley during the Indy® weekend. For more on how you can help Make-A-Wish Canada, go to honda.ca.

The Honda Indy® Toronto. It all happens July 16–18.



Honda Indy TORONTO

HONDA

BRYN LENNON/GETTY IMAGES

▶ Lance Armstrong

Armstrong era nears end

Close the book on the Lance Armstrong era at the Tour de France. He has.

The record seven-time champion wrote off his chances of victory in his 13th and last Tour, signalling the beginning of the end of one of the most celebrated and controversial careers in cycling history.

The 38-year-old Texan's hopes for yet another title were dashed yesterday after he got caught in three crashes — one of which brought him down — and struggled to keep up during two tough climbs in Stage 8, the race's first foray into the Alps. He and his team said his hip got banged up, keeping him from pedalling hard.

The stage was won by 25-year-old Andy Schleck of Luxembourg, and Armstrong finished nearly 12 minutes back, in 61st place.

World champion Cadel Evans of Australia took the yellow jersey by finishing 10 seconds behind Schleck, but well ahead of overnight leader Sylvain Chavanel of France.

"My Tour is finished," said Armstrong, who fell to 39th overall.

THE ASSOCIATED PRESS

ADVERTORIAL

NATUR-A: A BEVERAGE MADE FOR CHAMPIONS

When playing a sport we all focus on the importance of our training. But have you also considered how to feed and replenish your body's strength?

Follow the example of the champion Clara Hughes, who has been drinking soymilk for several years and still, at the age of 37, competes with athletes in their twenties!

To be well prepared or to recover after a workout, what could be better then Natur-a, one of the most popular soy beverages in Canada? Soymilk is in fact a great source of energy for the body, containing protein, essential vitamins, minerals and calcium in every glass. Free from cholesterol and preservatives, the Natur-a`s soymilk recipe has been proving it's worth since 1993!

Produced locally in Sainte-Hyacinthe and certified organic, Natur-a soymilk has no artificial ingredients and is also dairy-free. Being the only vegetable that is a complete protein, the soy bean is a great source of nutrition for athletes and a perfect one for vegetarians, vegans, and lactose-intolerant folks who still want to exercise and be athletic!

Available in a variety of flavors including unsweetened, original, vanilla, chocolate, and strawberry, Natur-a soymilk products all contain less sugar then milk, and that even includes the chocolate! So those with a sweet tooth can take pleasure in their glass of soy milk all the while staying healthy!

Low in fat, Natur-a is a perfect drink for world class athletes, many of whom, like Clara Hughes, drink it regularly. Every glass of Natur-a soymilk contains 45% of the recommended daily portion of vitamin D as well as 30% of your recommended daily calcium intake.

Since 2007, Health Canada has also recognized the benefits of soymilk, recommending that Canadians drink 2 to 4 glasses of soymilk per day. As rich as milk

in essential nutrients this recommendation satisfies our daily calcium needs and helps maintain a balanced diet.

Nutrisoya's healthy focus meets its community commitment by yearly providing thousands of free portions of Natur-a soymilk to youth athletes playing soccer, hockey, ringette and cycling.

How can you use soymilk?

Everywhere you would use milk! Simply use the same proportions and replace with soymilk ; it works great in cakes, soups, crepes, sauces, puddings, muffins, and anywhere else you can think of! And of course you can always have a tall glass of soymilk every morning or after every workout!

Follow the advice and recipes of champion Clara Hughes on Nutrisoya's website at www.nutrisoy.com or www.naturaplus.ca.

One serving of Natur-a chocolate soymilk contains only 15 grams of sugar compared to 29 grams in a glass of regular chocolate milk, in other words that is 14 fewer grams of sugar in every glass!

natur-a™
My take on life

40830_0712

Scoreboard

WORLD CUP

Saturday's results

Germany 3 Uruguay 2

Yesterday's results

Spain 1 Netherlands 0

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	56	32	.636	-
TAMPA BAY	54	34	.614	2
BOSTON	51	37	.580	5
TORONTO	44	45	.494	12.5
BALTIMORE	29	59	.330	27

AL CENTRAL

	W	L	Pct	GB
CHICAGO	49	38	.563	-
DETROIT	48	38	.558	.5
MINNESOTA	46	42	.523	3.5
KANSAS CITY	39	49	.443	10.5
CLEVELAND	34	54	.386	15.5

AL WEST

	W	L	Pct	GB
TEXAS	50	38	.568	-
LOS ANGELES	47	44	.516	4.5
OAKLAND	43	46	.483	7.5
SEATTLE	35	53	.398	15

Yesterday's results

Boston 3 Toronto 2
Baltimore 6 Texas 1
Chicago White Sox 15 Kansas City 5
Minnesota 6 Detroit 3
Oakland 15 L.A. Angels 1
Seattle 4 N.Y. Yankees 1
Tampa Bay 6 Cleveland 5 (10 ings)

Tuesday game

All-Star Game (at Anaheim, Calif.), 8:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	52	36	.591	-
NEW YORK	48	40	.545	4
PHILADELPHIA	47	40	.540	4.5
FLORIDA	42	46	.477	10
WASHINGTON	39	50	.438	13.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	49	41	.544	-
ST. LOUIS	47	41	.534	1
MILWAUKEE	40	49	.449	8.5
CHICAGO	39	49	.443	9
HOUSTON	36	53	.404	12.5
PITTSBURGH	30	58	.341	18

NL WEST

	W	L	Pct	GB
SAN DIEGO	51	37	.580	-
COLORADO	49	39	.557	2
LOS ANGELES	48	39	.552	2.5
SAN FRANCISCO	47	41	.534	4
ARIZONA	34	55	.382	17.5

Yesterday's results

Florida 2 Arizona 0
Milwaukee 6 Pittsburgh 5
N.Y. Mets 3 Atlanta 0
Philadelphia 1 Cincinnati 0
San Diego 9 Colorado 7
San Francisco 6 Washington 2
St. Louis 4 Houston 2
Chicago Cubs at L.A. Dodgers N

On Welfare? Foot Pain?
You need shoes and orthotics.
Covered by MCSS.
You pay nothing.
30 Clinics across Ontario
www.unionergonomics.com
416-638-8294

Tuesday's game

All-Star Game (at Anaheim, Calif.), 8:05 p.m.

JAYS SUNDAY BOX SCORE

BOSTON	AB	R	H	BI	BB	SO	AVG.
SCUTARO SS	4	1	1	0	0	1	.283
D.MCDONALD CF	4	1	1	2	0	0	.271
D.ORTIZ DH	3	1	1	1	1	1	.263
YOUKILIS 1B	4	0	1	0	0	0	.293
A.BELTRE 3B	2	0	0	0	0	0	.330
E.PATTERSON 2B	1	0	0	0	1	0	.217
J.DREW RF	4	0	0	0	0	0	.275
HALL 2B-3B	4	0	1	0	0	2	.239
NAVA LF	3	0	0	0	0	2	.300
CASH C	3	0	1	0	0	1	.136
TOTALS	**32**	**3**	**6**	**3**	**2**	**7**	

TORONTO	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	4	0	0	0	0	1	.276
ALE.GONZALEZ SS	4	0	2	0	0	0	.259
J.BAUTISTA RF	4	0	0	0	0	1	.237
V.WELLS CF	4	0	0	0	0	1	.265
LIND DH	4	1	1	0	0	1	.214
A.HILL 2B	4	1	1	2	0	0	.189
OVERBAY 1B	4	0	1	0	0	0	.250
1-WISE PR	0	0	0	0	0	0	.233
J.BUCK C	4	0	1	0	0	1	.272
ENCARNACION 3B	3	0	2	0	0	1	.221
TOTALS	**35**	**2**	**8**	**2**	**0**	**6**	

BOSTON	IP	H	R	ER	BB	SO
MATSUZAKA W, 6-3	6	6	2	2	0	5
D.BARD H, 19	2	1	0	0	0	1
PAPELBON S,20-23	1	1	0	0	0	0

TORONTO	IP	H	R	ER	BB	SO
LITSCH L,0-4	7	4	3	3	1	5
JANSSEN	1	1	0	0	0	0
PURCEY	1	1	0	0	1	2

MLS

Saturday's results

Toronto FC 1 Colorado 0
Chivas USA 2 Kansas City 0
Houston 0 Columbus 0
New England 2 Los Angeles 0
New York 0 D.C. United 0
San Jose 2 Philadelphia 1

Yesterday's results

FC Dallas at Seattle

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
WINNIPEG	2	1	1	0	83	65	2
TORONTO	2	1	1	0	52	64	2
MONTREAL	1	0	1	0	51	54	0
HAMILTON	2	0	2	0	51	72	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	2	2	0	0	91	69	4
CALGARY	2	2	0	0	53	38	4
B.C.	2	1	1	0	43	47	2
EDMONTON	1	0	1	0	10	25	0

Friday's results

Toronto 36 Winnipeg 34

Saturday's results

Calgary 23 Hamilton 22
Saskatchewan 37 B.C. 18

Sunday's results

Montreal at Edmonton, 7 p.m.

SPORTLIGHT

July 11

1998 - France wins soccer's World Cup, beating heavily favoured Brazil 3-0 in the championship match.
2005 - Miguel Tejada and Mark Teixeira lead the American League to a 7-5 win over the National League in Detroit for its eighth straight win. Tejada, the game's MVP, homers off John Smoltz to start the scoring and Teixeira adds a two-run drive off Dontrelle Willis.

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

King & Dufferin
115 & 135 Tyndall Ave.
24 Hour Laundry Facility
Indoor parking available.
Bachelor $679
1 Bed $789 • 2 Bed $1,029
Call 416.537.7464
leasing@metcap.com
www.metcap.com
MetCap

Pharmacy & Danforth Ave.
1&2 bdrms from $835 prkg. extra
Utilities included, New kitchen & bathroom on select suites, security, shops on site, short walk to Victoria Park subway
Mon-Fri 9-5 Sat 12-5
416.698.7233
WWW.PRINCESSMGMT.COM

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway
Minutes to U of T • Lovely views of the Lake
All new residents enter a draw to win 1 years free rent
Offer expires Jan 31/2010 | LIVE RENT FREE UNTIL JAN 31/10
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

FACING DUNDAS WEST SUBWAY STATION
BACHELOR FROM $749 | 1 BEDROOM FROM $949
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway
Easy access to 404, 401, 407 & DVP
All new residents enter a draw to win 1 years free rent
Offer expires Jan 31/2010 | LIVE RENT FREE UNTIL JAN 31/10
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

Sherbourne & Shuter
191 & 201 Sherbourne St.
Great downtown location.
Close to transit, mall and parks.
1 Bed Med $849
1 Bed Lrg $879 • 2 Bed $1,189
Call 416.363.0661
leasing@metcap.com
www.metcap.com
MetCap

YONGE & DAVISVILLE
Brentwood Towers
BACH, 1&2 BR FROM $820
1 MONTH FREE
Spacious & newly-renovated
Steps to subway
Upscale Neighbourhood
Convenience store in complex
Property is a Certified Rental Building!
CALL 416 • 485 • 2538
11am-7pm weekdays,10am -4pm Saturdays
www.oshanter.com

JANE/STEELES
310/320 Niska Road (north york)
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 2 bdrm units from $900/mo.
Walk to York University
Parking Available
Large balconies
Call 416-720-9500

"ONE OF THE BEST NEWS APPS"
"Really cool. Lets you read articles offline too!" – Real user review
The free Metro Canada application is available on the App Store.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
App Store
metronews.ca

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

CREDIT PROBLEMS?
PAY ZERO INTEREST!
Make One Small Monthly Payment For All Your Debts!
We Beat Any Offer In Ontario-GUARANTEED!
EMPIREONE CREDIT SOLUTIONS
Free & Private Consultation:
416-900-2324
www.empireonecredit.com
Locations: Ajax, Pickering, Scarborough, North York, Mississauga

PFS
Bankrupt? Proposal? Past Bad Credit? Need a Loan?
Think Smart. Think Prudent.
Why pay sky high pay day loans? Our loans are affordable.
Car paid off - up to $15,000 (6 years or newer)
Personal Loan up to $3,000 (1 year on job; $15/hr. min. req.)
Prudent Financial Services
Repairing credit with affordable loans since 1984.
416-634-2013
PrudentLoanApprovals.com

Debt Relief
Are you struggling with debts?
Let us help you:
• consolidate debts and make low monthly payments
• settle debts without bankruptcy, no interest
• reduce the amount to pay back
• stop harassing calls, letters & garnishments
Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON Offices in Scarborough & Mississauga . Tel: 416-665-DEBT

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose.
• Purchase or re-finance up to 95%.
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into 1 payment
• Self-employed? Stated income.
• Good, bad or no credit?
• Behind in Mortgage Payments?
CALL TODAY FOR DETAILS
HOMELAND MORTGAGE
416-913-9593
OR 647-273-5626
License # 11991

MONEY PROBLEMS? gta credit
MAKE ONE SMALL MONTHLY PAYMENT FOR ALL YOUR DEBTS!
NO NEED FOR BANKRUPTCY
8 Convenient Locations
North York, Mississauga, Scarborough, London, Downtown, Brampton, Ajax, Oshawa
Call Now:
310-7700
(No area code required)
www.gta-credit.com

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1-866-499-5629
And get cash now!!
www.mynextpay.com

500 loan service
BROKERS ALLIANCE
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

CAREER TRAINING

CANADIAN BUSINESS COLLEGE
Intra-Oral Dental Assistant Diploma
Start Date August 16th
It Costs No More
416-925-9929
2 Bloor Street West, 22nd Floor Toronto
For more information on the courses we offer visit:
www.cbstraining.com

LEGAL

OUTREACH DIVORCE CENTRE
PROFESSIONAL COMPASSIONATE SERVICE
OFFERED BY EXPERIENCED FAMILY LAW LAWYERS
SERVICES INCLUDE:
• UNCONTESTED DIVORCES
• SEPARATION AGREEMENTS
• FAMILY RESPONSIBILITY MATTERS AND
• CUSTODY APPLICATIONS
FREE CONSULTATION • REASONABLE RATES • AMPLE FREE PARKING
(416) 661-2900

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
Lawyer-prepared and filed for you
Member Better Business Bureau

DIVORCE SURVIVAL STRATEGIES
Call Us First Before You:
• Leave The Matrimonial Home
• Leave The Children Behind
Assets • Custody/Access • Support
SAVE ON LEGAL COSTS
UNCONTESTED DIVORCE
FLAT FEE PLUS DISB.
Free Trial S-I-Y Separation Agreement and Uncontested Divorce Demo
NOWHERE TO TURN?
CALL NOW
FAMILY LAW CENTRE
DON'T BE A VICTIM "SEPARATE SMART"
416-636-3411
www.flcdivorce.com

Quick DIVORCE
Lawyer Assisted
$300 + Court Fees
Lawrence West/Allen Road
(416)849-4200

PSYCHICS

Psychic Spiritual Advisor Mona
I restore luck and happiness and will call out your friends and enemies by name. Help in all problems such as love, marriage business and health. Specializing to remove evil influence. Success where others have failed. 100% Guaranteed immediate results. She will tell you today, what will come tomorrow. One visit will convince you of her superior psychic energy. 40 Years experience. Superior to all other psychics. Call for one FREE question.
416-222-8201
9am-9pm • Yonge/Finch

PSYCHICS

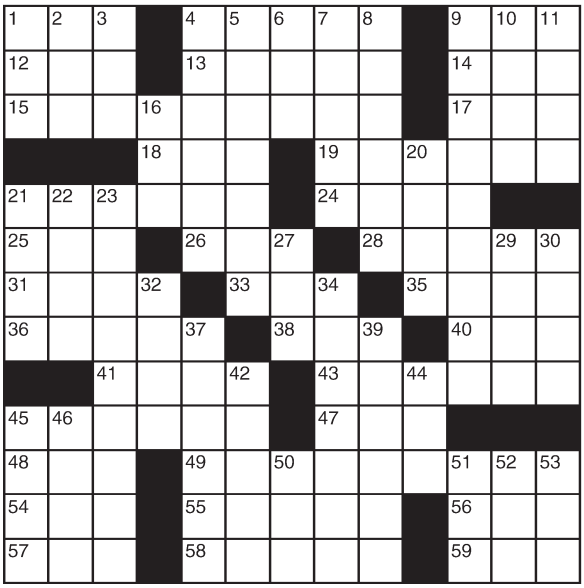
Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression
Success in business.
Court cases.
Protection against evil
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

Visit metronews.ca to watch metrotube of the day

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM
club metro

Crossword



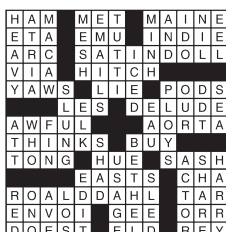
Across

1 Cleopatra's snake
4 Eccentrically foolish
9 Hockey legend Bobby
12 Sticky stuff
13 Related on the mother's side
14 Actor — Gossett Jr.
15 Tradition-al
17 Slight touch
18 Raw rock
19 Cool and damp
21 Temper
24 Caffeine-rich nut
25 Language suffix
26 "A mouse!"
28 Squander
31 Stitches
33 59-Across fraction
35 Remain
36 Boat for one
38 Petrol
40 — out a living
41 Partially mine
43 Swerved
45 Hollywood's "Platinum Blonde" of the 1930s
47 Altar constellation
48 Annoy
49 The Garden State
54 Shelter
55 Ancient theatre
56 Paid player
57 Paving material
58 Ms. Witherspoon
59 Japanese money

Down

1 Past
2 Note between fa and la
3 Pea holder
4 Edict
5 Belongs naturally
6 Confucian principle
7 Wall Street wares
8 Cowardly
9 17th-century artist, perhaps
10 Wander
11 Red gem
16 Turf
20 "Oh, woe!"
21 Dilbert's furniture
22 Cruising
23 With "The," magazine first published in 1925
27 Small barrel
29 Seize
30 Black- — peas
32 Author Bellow
34 Arizona tribe
37 Money for 42-Down
39 Tranquil
42 Stockholmer, for one
44 Listening device
45 Sword handle
46 Vicinity
50 Tiny
51 Secret agent
52 Before
53 Thither

▶ Yesterday's answer



Sudoku

4		3		7	8			5
	2		9					7
	7		5				4	
1							2	
		2	8		3	5		
	6							1
	9				6		5	
8					5		1	
7			3	9		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	4	9	5	2	8	6	7	3
3	5	6	9	4	7	8	2	1
8	2	7	6	1	3	9	4	5
4	8	1	2	3	6	5	9	7
2	9	5	7	8	1	4	3	6
7	6	3	4	5	9	1	8	2
9	1	4	3	6	2	7	5	8
6	7	2	8	9	5	3	1	4
5	3	8	1	7	4	2	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy birthday, Litu! Thanks for being part of my life, baby. I will love you more, every single day of my life.
UR'S WIFY

Matt your the best I ever had. I couldn't bare to lose you. Ill love you forever and ever,
TASH

Dear Stefan, You've completely taken over my heart, and I cherish every moment we spend together. I know I say this every day, but here it is again; I love you now and forever, and I can't wait to see what the future holds for us.
LOVE MELISSA

My Angelina Ballerina, I'm so proud of you today. You did well in your first ballet class. Hugs from Mama!
MAMA FE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Keep your plans to yourself today, and keep people who try to nose into your private affairs at arm's length.

♉ Taurus April 23-May 21 Any doubts you may have had about what you are planning to do with the rest of your life will now disappear. Don't worry that the journey ahead looks tough — just put one foot in front of the other and keep walking.

♊ Gemini May 22-June 21 The odds are most definitely in your favour at the moment, so make things easy for yourself and swim with the tide rather than against it. Do you know where you are going? Do you care? The mystery is part of the fun.

♋ Cancer June 22-July 22 Are people taking advantage of your easygoing nature? Maybe, but if it isn't causing you any particular harm why worry about it? There is no point getting angry with people who take a little bit.

♌ Leo July 23-Aug.23 You can sense that something dramatic is going to happen. What that something might be is impossible to know for certain but, whatever it is, it will be fun.

♍ Virgo Aug. 24- Sept. 22 You might like to change the world but that simply isn't possible. You can, however, change yourself, and that should be your number one aim over the next few days. Be a good example.

♎ Libra Sept. 23-Oct. 23 What seemed like a setback a few days ago now looks completely different, which only goes to show how foolish it can be to jump to conclusions. Life is good and getting better by the day.

♏ Scorpio Oct. 24-Nov. 22 You cannot avoid your responsibilities. Not that you want to, of course. Employers and other important people will be hugely impressed by your commitment.

♐ Sagittarius Nov. 23-Dec. 21 Your power to change things may be limited at the moment but there is no need to get frustrated about it. It won't be long before you are back in command.

♑ Capricorn Dec. 22-Jan. 20 If you want something enough you can find a way to get it. Do you believe that? You should, because belief is the first step to making it happen. The second step is to have a plan.

♒ Aquarius Jan. 21-Feb. 18 Someone you are close to feels a little bit neglected and you really should do something about it. Find ways to remind them what they mean to you.

♓ Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. Does that mean you can try anything? It most certainly does. Gets you thinking, doesn't it. SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA

FLIGHT CENTRE Unbeatable
Niagara Falls Family Special
1 Night + Waterpark
$89‡
Great Wolf Lodge
taxes & fees included
INCLUDES family suite accom with waterpark pass.
Departs Aug 21/ggv.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. ggv=gogo adventures. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

Good Voices Wanted For TV and RADIO
TRYOUTS BY PHONE
for men and women with Radio/TV potential are on at Canada's NIB Broadcast Training Centre
"We offer special Studio Courses full time or part time for people with good voices, all ages," says Mary Adams, "For News, Sports and Commercials, as Talk Hosts, Entertainment Reporters, DJs and Celebrity Interviewers."
Places are limited. To try your voice - "Just Phone, Listen, Talk!"
416.922.5988

INTRA-ORAL DENTAL ASSISTANT
BE ON THE JOB IN MONTHS
ASK ABOUT
• CONVENIENT SCHEDULES
• JOB PLACEMENT ASSISTANCE
• FINANCIAL ASSISTANCE (for those who qualify)
Medix School
www.medixschool.ca
REAL PEOPLE
REAL TRAINING
REAL JOBS
North York: 416.789.6731 • Scarborough: 416.701.1201
Brampton: 905.487.1163

MONEY PROBLEMS?™

Kill your Debts upto 7%

Proud to sponsor

2010 FIFA WORLD CUP on TLN

MAKE ONE SMALL MONTHLY INTEREST FREE PAYMENT FOR ALL YOUR DEBTS!

gta™ credit

Call Now:

310-7700

(no area code required)

GTA Credit Solutions Services Ltd. www.gta-credit.com

Why not Put your feet up?

Exclusively available now at the LCBO

Piat d'Or™

Rediscover Life's Simple Pleasures

© 2010 Piat d'Or. All rights reserved.

PLEASE ENJOY RESPONSIBLY